

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Cilantro-Lime Shrimp Foil Packets

Serves: 4

Modified from: www.delish.com

Items Needed: cutting board, knife, large mixing bowl, mixing spoon, measuring spoons, aluminum foil

Ingredients:

- 1 lb. medium shrimp, peeled and deveined
- 3 ears corn, kernels shaved off the cob
- 1 zucchini, cut into half moons
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon crushed red pepper flakes
- 2 Tablespoons freshly chopped cilantro
- 2 Tablespoons extra-virgin olive oil, for drizzling
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 limes, sliced into rounds
- 4 teaspoons butter (1 teaspoon per foil packet)

Directions:

1. In a large bowl, combine shrimp, corn, zucchini, garlic, cumin, red pepper flakes, and cilantro. Drizzle with olive oil, season with salt and pepper, and toss until combined.
2. Lay out four pieces of foil. Divide shrimp mixture between foil and top each with a pat of butter and lime slices. Seal packs.
3. Heat grill to high. Add shrimp packs and grill until shrimp are pink, about 10 minutes. Serve.

Nutrition Information (per 1 foil pack):

Calories: 331 Fat: 12 g Carbs: 30 g Protein: 28 g Fiber: 2 g Sodium: 429 mg