



# Grilled Shrimp and Veggies

*There are hundreds of shrimp species, most of which can be divided into two saltwater categories – warm water shrimp and cold water shrimp. As a rule, the colder the water, the smaller and more succulent the shrimp. Shrimp are fun to eat, moist, delicious, and are a source of protein, iron, and selenium.*

**Prep: 15 minutes • Total: 25 minutes**

## Ingredients:

|                            |         |        |
|----------------------------|---------|--------|
| Red pepper, chopped        | ½ cup   | 125 mL |
| Green pepper, chopped      | ½ cup   | 125 mL |
| Red onions, sliced         | ½ cup   | 125 mL |
| Shrimp, peeled and drained | 1 lb    | 450 g  |
| Olive oil                  | 1.5 tsp | 7 mL   |
| Gingerroot, grated         | 1 tsp   | 5 mL   |
| Snow peas                  | 1 cup   | 250 mL |
| Catalina dressing, divided | ¼ cup   | 60 mL  |

## Directions:

1. Heat BBQ and grill pan on high heat.
2. Combine peppers, onions, and 2 Tbsp of dressing. Combine shrimp, olive oil, ginger, and remaining dressing in a separate bowl.
3. Spoon pepper mixture onto hot grill pan; cook and stir for 2 minutes. Add shrimp and continue to stir for 2 minutes.
4. Add peas and cook for 2-4 minutes or until shrimp is pink and peas are tender.

Note: A grill pan is a pan with small holes or perforations in the bottom of the pan used to cook small pieces of food on the BBQ. You can make your own by poking small holes in the bottom of a disposable aluminium foil pan.

## Nutrition Facts

|  |                              |
|--|------------------------------|
| Serving Size (199g)  |                              |
| Servings Per Container   |                              |
| <b>Amount Per Serving</b>  |                              |
| <b>Calories 180</b>  | <b>Calories from Fat 35</b>  |
| <b>% Daily Value*</b>  |                              |
| <b>Total Fat 4g</b>  | <b>6%</b>                    |
| Saturated Fat 0.5g   | <b>3%</b>                    |
| Trans Fat 0g   |                              |
| <b>Cholesterol 170mg</b>   | <b>57%</b>                   |
| <b>Sodium 330mg</b>  | <b>14%</b>                   |
| <b>Total Carbohydrate 10g</b>  | <b>3%</b>                    |
| Dietary Fiber 2g   | <b>8%</b>                    |
| Sugars 6g  |                              |
| <b>Protein 24g</b>   |                              |
| Vitamin A 20%  | • Vitamin C 80%              |
| Calcium 8%   | • Iron 20%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000    2,500     |
| Total Fat  | Less than 65g    80g         |
| Saturated Fat  | Less than 20g    25g         |
| Cholesterol  | Less than 300mg    300mg     |
| Sodium   | Less than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |

**Adapted from: Kraft Canada**

**Makes 4 servings (199 g / serving) • 1 serving = 1 ¼ cups**

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