

CAJUN SHRIMP IN FOIL

After I made this delicious Cajun Shrimp and Sausage Skillet, I knew that a foil pack of this had to be made! Our family LOVED the cajun shrimp and sausage skillet so much and I might have loved it even more because it was so dang easy. Foil packets are all of the rage right now and I knew this one would be delicious.

Foil packets are such a great meal in one with easy clean up. They are great gilled, baked, or cooked over a campfire. The great thing about the shrimp and sausage combo is that they cook quickly and are ready to devour in no time at all.

The shrimp and sausage combo is amazing but it is even better surrounded by crisp and tender summer vegetables. I love using zucchini, banana squash, asparagus, and bell peppers. They all cook together quickly.

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INGREDIENTS:

1 tablespoon Cajun or Creole seasoning

24 (1 pound) cleaned large shrimp

3 ounces fully cooked Turkey/Chicken Andouille sausage (Applegate), very thinly sliced

1 medium zucchini (8 ounces each), sliced into 1/4-inch thick rounds

1 large red bell pepper, seeded and cut into thin strips

1 1/2 cups corn kernels

1/4 cup chopped fresh Italian parsley leaves

1/4 cup chopped fresh basil leaves

1/4 cup dry white wine, such as Pinot Grigio

2 tbsp olive oil

DIRECTIONS:

In a medium bowl, combine the Cajun seasoning, salt, and pepper. Add the shrimp and toss to coat.

Place 4 large (10 x 18-inch) pieces of heavy-duty aluminum foil on a flat surface.

Divide the sausage, zucchini, bell peppers, and corn among the foil pieces, placing the vegetables in the center of each. Top each with shrimp (about 6), sprinkle each with 1 tablespoon of the parsley and 1 tablespoon of the basil.

Drizzle each with 1 tablespoon of the wine and about 1/2 tablespoon of the oil. Fold each piece of the foil to form a packet, sealing tightly and leaving a little room inside for air to circulate in the packet. The packets may be refrigerated (or frozen) at this stage.

To cook, preheat the oven to 425F. Arrange the packets on a baking sheet and cook until the shrimp is cooked through and the vegetables are crisp-tender, 13 minutes. Open the packets slowly, being careful of the hot steam. Transfer the shrimp, vegetables, and sauce that has accumulated to individual bowls or rimmed plates.

To freeze and heat:

Place uncooked packets into sealable plastic bags, keeping them level and upright. (Two packets fit well into a gallon sized bag). Freeze for up to two (2) months. There is no need to thaw before cooking.

Remove the frozen packets from the bags and place them on a baking tray in a cold oven set to 425F.

Once oven comes to temperature, continue to cook for 35-40 minutes.

NUTRITION INFORMATION

Yield: 4 Servings, Serving Size: 1 packet

Amount Per Serving:

Freestyle Points: 4

Points +: 8

Calories: 310 calories

Total Fat: 12g

Saturated Fat: g

Cholesterol: 188.5mg

Sodium: 1318mg

Carbohydrates: 21g

Fiber: 3.5g

Sugar: 3g

Protein: 29g

PLEASE, USE THE NEXT PAGE LINK BUTTON FOR MORE DELICIOUS RECIPES AND DON'T FORGET TO SHARE THIS POST WITH YOUR FRIENDS AND FAMILY ON FACEBOOK. Saying Anything is good, we'd love to know your feedback ! Thank you.!!♥