

SHRIMP AL FORNO

Yield: 4 Servings (about 1 shrimp per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 1 pkg. (16 oz.) Food You Feel Good About Uncooked Peeled & Deveined Shrimp (41-50 ct.), thawed and patted dry
- Salt and pepper
- ¼ cup Wegmans Basting Oil
- 1 cup Panko Bread Crumbs

PREPARATION

Preheat oven to 450 degrees.

1. Spray baking sheet with nonstick spray. Group 10–12 shrimp in fillet-like portions on pan; season with salt and pepper.
2. Combine basting oil and panko bread crumbs in small bowl. Divide mixture evenly over each portion.
3. Bake about 8 min., until internal temp reaches 130 degrees. Check by inserting thermometer halfway into thickest part of shrimp. Remove from oven; let rest 2 min. before serving.

NUTRITION

Per serving: Calories: 260; Fat: 14 g (1 g saturated fat); Cholesterol: 115 mg; Carbohydrates: 14 g; Fiber: 0 g; Protein: 19 g; Sodium: 160 mg.

Recipe courtesy of Wegmans