



## Oven-Baked Shrimp



This oven-baked shrimp recipe is **easy to make** and used in creative ways (see serving suggestions below). If you love shrimp, you'll enjoy this recipe.

**Serves** 4 (about 8 - 9 shrimp per serving)

**Course:** Main/Seafood

**Cooking Method:** Oven

**Prep Time:** About 10 minutes

**Cooking Time:** About 8 minutes

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### **THINGS YOU'LL NEED**

- Small mixing bowl
- Measuring cups and spoons
- A large, rimmed baking sheet
- Parchment paper
- Pastry brush
- Tongs or spatula

# Good-Looking Grub

## **INGREDIENTS**

- 1 1/2 pounds **large, raw shrimp** - defrosted, peeled and deveined  
(About 34 - 36 shrimp / 8 - 9 shrimp per serving). You can leave the tails on if you wish or remove them.
- 1/4 cup **Olive Oil** (you can use melted butter, but I use oil because it cuts down on the cholesterol)
- 1/4 teaspoon **black pepper**
- 1 teaspoon **garlic powder**
- 1 teaspoon dried **dill weed**
- 1/2 teaspoon **Old Bay** or a sprinkle of **crushed red pepper**
- 4 **lemon wedges** for garnish or squeezing over the cooked shrimp (optional)

## **DIRECTIONS**

1. Preheat the oven to 400 degrees F / 190 degrees C
2. Arrange the shrimp on a large, rimmed baking sheet - lined with parchment paper. Make sure the shrimp are spaced apart from each other. The shrimp will need room to bake.
3. Place the oil (melted butter) in a small mixing bowl and mix with the garlic powder, dill weed and Old Bay/Red pepper.
4. Pour or brush the spice mixture over the shrimp and distribute evenly.
5. Place in the oven and bake for about 8 minutes (turning after about 4 minutes). The shrimp should be pink and opaque.
6. Using tongs or a spatula, transfer the shrimp onto a serving plate and spoon juices from the pan over the shrimp.

## **SERVING SUGGESTIONS**

- Add to soups, salads, or eat as a peel-and-eat snack with cocktail or tartar sauce.
- Shrimp is a great summer meal with potato or macaroni salad or shrimp tacos.
- Add to a Surf 'n' Turf, on top of your favorite pasta, rice dish. or a with baked potato.
- For low carb options, serve over spiralized noodles, spaghetti squash, cauliflower rice, or a side vegetable - such as spinach, broccoli, or asparagus.

