

Summer SHRIMP BOIL

There's plenty of protein in this summer meal! Just add some fresh local vegetables to boost the vitamins, minerals, and fiber on your plate.

INGREDIENTS

- 3 quarts water
- ¼ cup Old Bay seasoning
- 3 tablespoons lemon juice, plus lemon wedges for serving
- 8 ounces baby potatoes
- 8 ounces unpeeled raw shrimp (21-25 per pound)
- 5 ounces andouille chicken sausage, cut into 1-inch pieces
- 2 ears corn, husked and cut in half
- 1 large leek, sliced
- 4 tablespoons Melted butter for serving

NUTRITION FACTS

Serving Size: 2 Cups Per Serving: 202 calories; protein 19.3g; carbohydrates 22.2g; dietary fiber 2.4g; sugars 4.8g; fat 4.8g; saturated fat 1.3g; cholesterol 108.6mg; vitamin a iu 595.4IU; vitamin c 12.6mg; folate 46.2mcg; calcium 62.5mg; iron 1.9mg; magnesium 55.8mg; potassium 568.3mg; sodium 582.2mg.

DIRECTIONS

STEP 1

Combine water, Old Bay and lemon juice in a large pot. Bring to a boil. Add potatoes and cook until almost tender.

STEP 2

Add shrimp, sausage, corn and leek; cook, stirring occasionally, until the shrimp are pink and the vegetables are tender-crisp, 5 to 6 minutes.

STEP 3

Using a slotted spoon and tongs, divide among 4 serving bowls. Drizzle each portion with 2 tablespoons of the cooking liquid. Serve with butter, if desired.



Wisconsin Athletic Club

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