

lemon and basil shrimp with rice

SERVES 2

RECIPE ADAPTED FROM: myrecipes.com

COOK TIME: 25-30 minutes

- Two 36-inch pieces of heavy duty aluminum foil
Cooking spray
½ cup uncooked wild or sprouted rice (or quinoa)
1 Tbsp extra virgin olive oil
1 cup diced tomato (or 11 grape tomatoes cut in to 6ths)
¾ cup sliced green onions (about 3 green onions including the white part)
½ lb fresh asparagus spears, cut into 1½ in pieces
1 clove garlic, minced
½ tsp grated lemon rind
1 Tbsp fresh lemon juice
¼ tsp salt
¼ tsp black pepper
¾ lb large shrimp, peeled and deveined, leave tails attached
1 Tbsp grass fed ghee or butter, melted
¼ cup chopped fresh basil
¼ tsp [seasoned salt](#) or Old Bay Seasoning

MAKE FOIL PACKETS

TEAR off two 36-inch long pieces of heavy duty foil. Place one piece of foil on top of the other with shiny sides together.

FOLD one of the long sides over ½ inch and fold over 2 more times to make a sealed edge. Press the edge thoroughly to ensure it's sealed.

CUT long sheet into equal sized 12x18 inch rectangles. Unfold each, being careful to not pull apart the sealed edge. Spray shiny side of each with cooking spray. Place aside for later.

COOK RICE AND ASSEMBLE INGREDIENTS

PREHEAT oven to 450°F. Cook rice according to package directions, omitting salt and oil (to save time, use pre-cooked frozen brown or wild rice).

PLACE cooked rice in a large mixing bowl. Stir in olive oil and next 8 ingredients.

PLACE half of the rice mixture in the middle of each large foil sheet. Arrange half of the shrimp on each pile of rice.

DRIZZLE melted butter over top of each shrimp, then sprinkle with seasoned salt or Old Bay.

SPRINKLE each pile with chopped fresh basil.

BRING both long sides of one foil packet up to meet at the top, creating a pouch. Place the long edges together and fold over 2-3 times. Now, fold each end over 2-3 times to seal the pouch. Repeat with second foil packet.

PLACE both pouches on a baking sheet.

BAKE in oven for 25 minutes or until the shrimp are done.

CAREFULLY cut open the pouch with a sharp knife, being careful of the hot steam.

MAKE IT A MEAL: Serve with a tossed salad and seasonal fruit.

