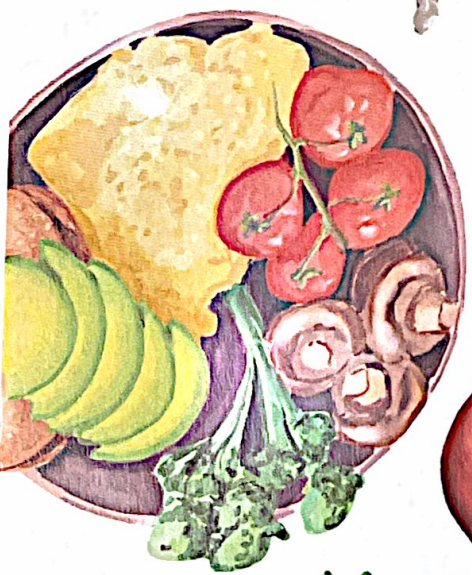
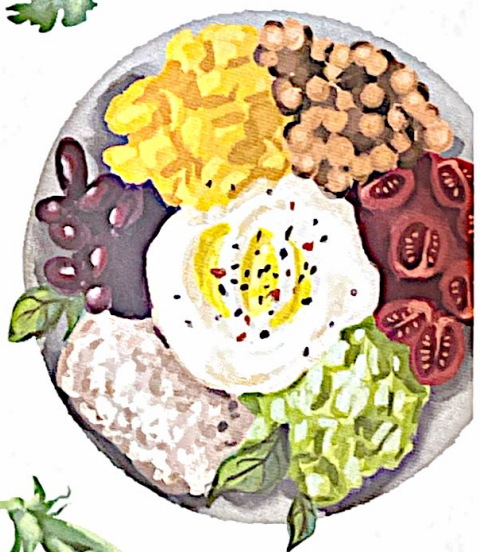


COOKING  
FOR 1 OR 2  
ON A  
BUDGET







# Sheet Pan Mediterranean Shrimp

Makes 2 Servings

This 10 - minute recipe features lightly seasoned shrimp and colorful vegetables all cooked on the same pan. With maximum flavor and minimum effort, it's perfect for quick, easy, and healthy weeknight dinners.

## Ingredients

3/4-pound large shrimp, peeled

1 bunch fresh asparagus

2 tablespoons olive oil, divided

one clove garlic, minced

1/2 red onion, sliced

one teaspoon oregano

one teaspoon smoked paprika

salt and pepper to taste



1/2 lemon, juiced

1/2 cup black olives, pitted and sliced

1/2 cup feta cheese, crumbled

2 tablespoons fresh cilantro or parsley, chopped

## Directions

1. Preheat oven to 450°.
  2. In a large bowl season the shrimp with 1 tablespoon olive oil, garlic, paprika, oregano, salt, pepper, and lemon juice.
  3. Trim and wash the asparagus, then lay them flat on a baking sheet. Season with ½ tablespoon olive oil. Place seasoned shrimp on top of
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the asparagus and top with onions. Bake for 10 minutes in the middle rack. Shrimp is cooked when the edges start to turn golden brown.

4. Remove baking sheet from oven and top with feta, olives and fresh cilantro or parsley, drizzle with remaining olive oil and serve.

### **Notes**

If your shrimp is looking pale after cooking for 10 minutes, try broiling 1-2 minutes until they start to turn golden brown.



# Sheet-Pan Garlic Soy Chicken and Vegetables

Makes 2 Servings

Putting the pan in the oven while it preheats makes it hot enough to lightly sear the chicken and vegetables, adding texture and flavor, also reducing the cooking time.

Chicken thighs emerge from the oven succulent and coated in a savory sauce.

## Ingredients

1/8 cup low-sodium soy sauce


1 tablespoon packed brown sugar

2 cloves garlic, grated

1 teaspoon olive oil

1 teaspoon fresh ginger, grated

1/8 teaspoon crushed red pepper



1/2-pound skinless boneless chicken thighs, trimmed and cut into one inch strips


1 cup frozen sugar snap peas

1/2 sweet bell pepper, cut into 1-inch strips

3-4 green onions, trimmed and cut into 1-inch pieces

1/2 teaspoon sesame oil

## Directions

1. Place a large, rimmed baking sheet in the oven; Preheat to 400°.
  2. Combine soy sauce, brown sugar, garlic, olive oil, ginger, and crushed red pepper in a small skillet; bring to a simmer over medium high heat. Cook, stirring, until the sugar is dissolved.
  3. Place chicken, snap peas, bell pepper, and green onions in a large bowl. Add the soy mixture and stir to coat. Remove the baking sheet from the oven and coat with cooking spray. Spread the chicken and vegetable mixture in an even layer on the hot baking sheet. Bake
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stirring once, until the chicken is cooked through in the vegetables are tender, about 20 minutes. Drizzle with sesame oil and stir to coat.