



## Veracruz Shrimp en Papillote

**Prep: 20 minutes • Bake: 10 minutes**

**Serves: 4**

- 1 cup basmati rice
- 4 large Roma tomatoes (about 1 pound), chopped (about 2 cups)
- 2 garlic cloves, minced
- ½ small yellow onion, thinly sliced (about ½ cup)
- ½ cup drained sliced salad olives
- ⅓ cup drained and chopped pickled jalapeño slices
- 2 tablespoons rinsed and drained capers
- 1 tablespoon finely chopped fresh oregano leaves
- 1 tablespoon fresh lime juice
- 4 teaspoons olive oil
- 2 teaspoons lime zest
- 1¼ pounds raw 21-25 count peeled and deveined shrimp, thawed if necessary

**1.** Preheat oven to 400°. Prepare rice as label directs.

**2.** Meanwhile, in medium bowl, toss tomatoes, garlic, onion, olives, jalapeños, capers, oregano, lime juice, oil and lime zest until well combined.

**3.** Cut four 15 x 18-inch sheets parchment paper. Place 1 sheet parchment on work surface. Arrange about 1 cup of tomato mixture on half of parchment sheet; place ¼ of shrimp (about 7 shrimp) over tomato mixture. Fold parchment over to cover shrimp and tomato mixture. Fold edges several times to seal tightly. Repeat with remaining parchment sheets, tomato mixture and shrimp.

**4.** Place parchment packets on rimmed baking pan. Bake 10 minutes or until shrimp reaches an internal temperature of 145° and turns opaque throughout. With kitchen shears, cut an X in top of parchment packets, then carefully pull back parchment to open.

**5.** To serve, evenly divide rice over 4 dinner plates, then pour 1 packet over rice.

*Approximate nutritional values per serving:*

*386 Calories, 11g Fat (1g Saturated), 183mg Cholesterol, 717mg Sodium, 41g Carbohydrates, 2g Fiber, 29g Protein*

### **Chef Tip**

*Packets can also be prepared with foil instead of parchment paper. Grill packets, covered, over medium heat for 10 minutes.*