

# Sheet Pan Honey Garlic Shrimp

Servings: 4

Source: <https://therealfooddietitians.com/sheet-pan-honey-garlic-shrimp/>

## Ingredients:

- 1 lb. fresh or frozen raw shrimp, peeled and deveined (thawed if frozen)
- ½ cup coconut aminos
- ½ cup honey
- 6 garlic cloves, minced (2 tablespoons)
- Juice of ½ lemon (1½ tablespoons)
- ¾ lb. (12 oz) fresh green beans, ends trimmed
- 1 tablespoon toasted sesame oil
- ¼ teaspoon coarse salt
- ¼ teaspoon black pepper
- 2 tablespoons cornstarch or arrowroot powder
- 2 green onions, sliced on the bias (green parts only)
- Pinch of red pepper flakes (optional)
- Pinch of sesame seeds (optional)



## Instructions:

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper.
2. In a bowl, combine the coconut aminos, honey, garlic, and lemon juice; whisk until honey dissolves into the mixture. Pour half of the mixture over the shrimp in a bowl and toss (can marinate shrimp with sauce in the fridge for 30 minutes up to 24 hours, if desired). Pour the other half of the liquid mixture in a small saucepan; set aside.
3. Toss green beans with sesame oil, salt, and pepper. Spread green beans out over the prepared baking sheet and cook for 12 minutes.
4. Remove the baking sheet from the oven and push the green beans to one side. Using a slotted spoon or spatula to remove shrimp from the liquid mixture, add the marinated shrimp to the other side of the baking sheet. Discard any liquid remaining in the bowl that was used to marinate shrimp. Return the baking sheet to the oven for an additional 8-10 minutes (adjust cook time according to the size of your shrimp – smaller shrimp will cook faster).
5. Meanwhile, place the saucepan with the liquid over medium-high heat and bring to a simmer.
6. In a small bowl, whisk together the cornstarch and 2 tablespoons of water until the cornstarch is dissolved and the liquid looks milky white. When the mixture in the saucepan is simmering, gently whisk in the cornstarch slurry and return the mixture to a simmer, stirring occasionally. Continue to heat for 2-3 minutes, or until the liquid has thickened.
7. Transfer the cooked shrimp and green beans to a large bowl. Pour the thickened liquid over top and toss until the shrimp and beans are coated in the honey-garlic mixture. Serve shrimp and beans over rice or noodles, if desired. Pour any remaining sauce from the bowl over servings. Garnish with a pinch of red pepper flakes and/or sesame seeds, if desired.

**Nutrition Information per Serving:** 212 calories, 3 g total fat, 25 g protein, 25 g carbohydrate, 2 g fiber, 16 g sugar, 483 mg sodium

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