LiveWell

Low Country Boil in Foil Packets

Yield: 4 servings

Ingredients:

1 pound petite or small red potatoes

2 Tablespoons margarine, melted

¼ teaspoon celery salt

2 teaspoons celery seed

¼ teaspoon paprika

⅛ teaspoon cayenne pepper

⅛ teaspoon mustard powder

Pinch nutmeg

Pinch cinnamon

Pinch ginger

3 scallions, sliced thin, white bulb and greens separated

8 ounces extra-large shrimp (about 12)

4 ears corn, husks removed, cut into thirds

4 ounces turkey sausage links, cut into quarters

2 tablespoons parsley, chopped

4 lemon wedges

Directions:

1. Bring a pot of water to a boil and boil potatoes for 8 minutes or until slightly tender but not completely cooked. Drain potatoes and allow to cool.

2. In a small bowl, mix together melted margarine, celery salt, celery seed, paprika, cayenne pepper, mustard powder, nutmeg, cinnamon, ginger and whites of green onion.

3. Place potatoes, shrimp, corn cobs and turkey links in a large bowl. Drizzle with margarine mixture and toss to combine.

4. For each of the four grill packets, place a 16-inch-long sheet of heavy-duty foil on counter. Divide the shrimp mixture evenly between the 4 foil sheets. Fold the foil over to cover the food, then fold the edges together to seal into packets.

5. Preheat a gas or charcoal grill to medium high. Place the packets on the grill, cover and cook for 15 to 20 minutes until the shrimp are opaque and cooked through. (Alternately, you can cook them on a rack in the oven at 375 degrees F for 30 to 40 minutes).

6. Open the packets carefully and garnish each serving with an equal amount of scallion greens, parsley and a lemon wedge.

Nutrition information per serving:

Calories: 405
Fat: 12 grams
Saturated fat: 2.5 grams

Cholesterol: 100 mg
Sodium: 450 mg
Carbohydrates: 58 grams

Fiber: 7 grams
Protein: 27 grams

Food exchanges:
3 carbohydrate,
3 vegetable, 3 protein

For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com