

Shrimp with Pepper Medley

Preparation time: 2 minutes

Cooking time: 1 - 3 ½ minutes

Serves 2

- Ingredients:
 - ½ lbs. medium shrimp, peeled and deveined (can be raw or frozen)
 - ½ bell pepper - chopped and de-seeded
 - ½ cauliflower and carrots
 - ½ tsp. lemon pepper
 - ½ tsp. garlic pepper
 - Or 1 tbsp. Original Creole Seasoning if you like them spicy
 - 1 tsp. butter (or butter substitute of your choice)
 - Salt and pepper to taste
- Directions
 - Combine all ingredients in a medium Steamfast Bag and seal the bag
 - Shake gently to distribute ingredients and place bag in microwave
 - Cook on HIGH for 1 -2 minutes (3 – 3 1/2 minutes if frozen) until shrimp are pink and cooked through. If needed, add more time in 30 sec increments
 - Allow bag to stand 1 minute before handling
 - Carefully open bag, pour out content and Enjoy!