

LOW COUNTRY BOIL



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 2 tablespoons low-sodium Chesapeake Bay seasoning
- ★ 1 pound baby red potatoes
- ★ 12 ounces smoked turkey sausage, sliced into 1" pieces
- ★ 3 ears fresh yellow corn, shucked and cut in half
- ★ 1½ pounds large shrimp (16-20 size), shell on
- ★ 2 medium lemons, cut into wedges, for serving
- ★ Hot sauce, for serving

DIRECTIONS

In a large pot with a tight-fitting lid, combine 9½ cups of water with the Chesapeake Bay seasoning. Bring to a boil over medium heat. Add the potatoes and sausage to the pot, then cover and cook for 10 minutes. Add the corn to the pot, then cover and cook 5 minutes more. Add shrimp to the pot and cook just until opaque, about 2 minutes then remove from heat. Allow to cool slightly, then drain. Serve piled on a platter, or directly on a newspaper-covered table, with lemon wedges and hot sauce on the side.

Serving Size and Nutritional Information:

Serves 8 (Serving Size = 245g)
180 Calories Per Serving, **2.5g** Total Fat,
20g Total Carbohydrates, **22g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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