

Healthy Honey Baked Shrimp

Sweet, savory, lightly spicy, and easy to prepare, this Healthy Honey Baked Shrimp keeps the bold flavor of the original while using less oil, less honey, and more controlled sodium.

The shrimp are marinated in a simple honey-Cajun mixture, then baked quickly until tender and juicy. It makes a flavorful high-protein meal that pairs well with brown rice, quinoa, vegetables, or a fresh salad.

Prep Time: 10 minutes

Marinating Time: 20–30 minutes

Cook Time: 8–10 minutes

Total Time: About 40–50 minutes

Servings: 6

Ingredients

- 2 pounds large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 3 tablespoons pure honey
- 1½ tablespoons reduced-sodium soy sauce OR 1 tablespoon regular soy sauce
- 1 tablespoon fresh or bottled lemon juice
- 2 teaspoons salt-free Cajun seasoning OR 1½ teaspoons reduced-sodium Cajun seasoning OR 1 teaspoon regular Cajun seasoning containing salt
- 1 teaspoon dried parsley flakes
- ¼ teaspoon cayenne pepper, optional
- ½ teaspoon garlic powder, optional
- ½ teaspoon black pepper
- 1 teaspoon dried parsley flakes or chopped fresh parsley, optional for garnish

Instructions

Step 1

In a large bowl, whisk together the olive oil, honey, soy sauce, lemon juice, Cajun seasoning, parsley, cayenne pepper, garlic powder, and black pepper.

Step 2

Add the shrimp and toss until evenly coated. Cover and refrigerate for **20–30 minutes**.

Step 3

Preheat the oven to **450°F**. Lightly grease a large baking sheet or line it with parchment paper.

Step 4

Arrange the shrimp in a single layer. Bake for **8–10 minutes**, or until the shrimp are pink, opaque, and cooked through.

Step 5

Remove from the oven and garnish with additional parsley if desired. Serve warm.

Helpful Tips

For a stronger honey flavor: Increase the honey to **3½ tablespoons**.

For more heat: Add a little more cayenne pepper rather than extra regular Cajun seasoning, which can quickly increase the sodium.

Do not over-marinate: Keep the shrimp in the marinade for

about **20–30 minutes**. The lemon juice can begin changing the shrimp's texture if left too long.

Estimated Nutrition Facts

Per serving:

- **Calories:** approximately 200–220
- **Protein:** 30–32 g
- **Total Fat:** 5–6 g
- **Saturated Fat:** less than 1 g
- **Carbohydrates:** 10–12 g
- **Total Sugars:** approximately 9 g
- **Added Sugars:** approximately 8–9 g

Sodium will vary depending on the soy sauce and Cajun seasoning brands used.