



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Shrimp with Kale and White Beans Baked in Parchment –

- 1 carrot, peeled and cut into ¼-inch thick rounds (cut into half-moons if large)**
- 1 celery stalk, thinly sliced (about ¾ cup)**
- ½ medium red onion, finely chopped (about ½ cup)**
- 1 can (15 oz.) white beans, such as cannellini or navy, drained and rinsed**
- ¾ tsp. finely chopped fresh rosemary or ½ tsp. dried rosemary**
- 2 tbl. fresh lemon juice**
- 3 tbl. olive oil**
- 1 tsp. coarse salt**
- Freshly ground black pepper**
- 1 small bunch kale (about 12 oz.), stems and center ribs discarded, leaves thinly sliced crosswise**
- 18 medium shrimp (about 8 oz.), peeled and deveined**
- ¾ cup chicken stock**

1. Preheat oven to 400°. Cut six pieces of parchment paper to measure 12 by 13 inches each. Stir together carrots, celery, onion, beans, rosemary, lemon juice, oil, and salt in a large bowl; season with pepper. Add kale and shrimp; toss well.

2. Lay parchment rectangles on a work surface. Divide shrimp mixture evenly among them, mounding in center of each. Working with one piece at a time, gather paper around filling to form a bundle; loosely tie with kitchen twine (18-inch piece), leaving a small opening. Pour 2 tbl. stock into opening of each bundle; tie twine in a bow tightly to seal.

3. Transfer bundles to a rimmed baking sheet. Bake 20 minutes; shrimp should be cooked through. Transfer packets to bowls. Serve immediately, opening packets at the table

Credit: Martha Stewart Living