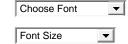


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## **Shrimp & Plum Kebabs**

Makes 4 servings

# **Ingredients**

3 tablespoons canola oil or toasted sesame oil

2 tablespoons chopped fresh cilantro

1 teaspoon freshly grated lime zest

3 tablespoons lime juice

½ teaspoon salt

12 raw shrimp (8-12 per pound), peeled and deveined

3 jalapeño peppers, stemmed, seeded and quartered lengthwise

2 plums, pitted and cut into sixths

#### **Instructions**

- 1. Whisk oil, cilantro, lime zest, lime juice and salt in a large bowl. Set aside 3 tablespoons of the mixture in a small bowl to use as dressing. Add shrimp, jalapeños and plums to the remaining marinade; toss to coat.
- 2. Preheat grill to medium-high.
- 3. Make 4 kebabs, alternating shrimp, jalapeños and plums evenly among four 10-inch skewers. (Discard the marinade.) Grill the kebabs, turning once, until the shrimp are cooked through, about 8 minutes total. Drizzle with the reserved dressing.

### **Tips**

Equipment: Four 10-inch skewers

#### **Nutrition Information**

Per serving: 194 calories; 8 g fat (1 g sat, 4 g mono); 221 mg cholesterol; 5 g carbohydrate; 24 g

protein; 1 g fiber; 446 mg sodium; 292 mg potassium.

Nutrition bonus: Selenium (64% daily value), Iron & Vitamin C (20% dv).

0 Carbohydrate Servings

Exchanges: 1 vegetable, 3 very lean meat, 1 fat