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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