

Title:

Grilled Mushrooms And Shrimp A La Grecque. Lemony grilled mushrooms and shrimp make a quick, delicious meal.

Word Count:

219

Summary:

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Keywords:

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Article Body:

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Anytime you're grilling, remember that fresh mushrooms are perfect partners for all sorts of grilling favorites, including beef, seafood and vegetables. In addition to flavor, mushrooms pack a surprising amount of nutrition, contributing to our daily intake of riboflavin, niacin and selenium, with only 20 calories per serving and almost no fat.

Grilled Lemon Shrimp

And Mushrooms

1/4 cup olive oil

2 tablespoons lemon juice

2 teaspoons minced garlic

1 teaspoon dried oregano

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 pound large peeled and deveined shrimp

12 ounces fresh white mushrooms

2 medium-sized zucchini, sliced 1 inch thick (about 2 1/2 cups)

1 medium-sized red onion cut in 8 wedges

4 pitas, warmed

Preheat outdoor grill or broiler. In a large bowl, stir together olive oil, lemon juice, garlic, oregano, salt and black pepper. Add shrimp, mushrooms, zucchini and red onion; gently toss until coated. Marinate for 10 minutes. Place vegetables and shrimp on a vegetable grilling rack or a rack in a broiler pan. Grill or broil no more than 6 inches from heat source until vegetables and shrimp are just cooked, about 8 minutes, stirring and brushing occasionally with remaining marinade. Serve on pita bread with plain yogurt and chopped cucumber, if desired.

Yield: 4 portions

Per portion: 430 calories; 28 g protein; 16 g fat; 45 g carbohydrates