



Marinated Shrimp Skewers

This simple and delicious shrimp dish is a great for a weeknight meal. Enjoy leftovers on top of a large salad!

U.S.

1/4 cup	Olive Oil
3 cloves	Garlic, minced
1 each	Shallot, minced
1/4 cup	Parsley, chopped
1 each	Lemon, zested and juiced
1/4 tsp	Salt, kosher
To taste	Black Pepper, ground
1 lb	Shrimp, peeled, deveined

Metric

60 mL
3 cloves
1 each
14 g
1 each
1.5 g
To taste
454 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a grill to medium-high heat.
3. Fill a small pan or bowl with water and soak wooden grill skewers for 20 minutes.
4. Meanwhile, in a large bowl, whisk all of the ingredients together except for the shrimp.
5. Add the shrimp and let sit for 10 minutes. Make sure that the shrimp are fully coated with the marinade.
6. Using the wooden skewers, pierce the shrimp through the middle. Depending on the size of the shrimp, place 3-5 shrimp on each skewer.
7. Grill the shrimp until they are no longer pink, but do not turn rubbery (3-5 minutes on each side).
8. Remove the shrimp from the grill once fully cooked and serve.

Nutrition Facts

4 Servings

Serving size **4 oz shrimp**

Amount per serving

Calories **230**

Total Fat 14 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 10 g

Cholesterol 185 mg

Sodium 260 mg

Total Carbohydrate 3 g

 Dietary Fiber 0 g

 Total Sugars <1 g

 Includes 0g Added Sugars

Protein 23 g

Vitamin D 0 %

Calcium 7 %

Iron 6 %

Potassium 400 mg

Phosphorus 255 mg

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