



Marinated Shrimp Skewers

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Olive Oil	60 mL
3 cloves	Garlic, minced	3 cloves
1 each	Shallot, minced	1 each
1/4 cup	Parsley, chopped	14 g
1 each	Lemon, zested and juiced	1 each
1/4 tsp	Salt, Kosher	1.5 g
1/4 tsp	Black Pepper, ground	0.6 g
1 lb	Shrimp, peeled, deveined	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

Serving size **3 shrimp**
Servings **5**

Calories	204
Calories from Fat	110
Total Fat	13 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	8 g
Cholesterol	0 mg
Sodium	235 mg
Carbohydrates	5 g
Dietary Fiber	2 g
Sugars	0 g
Protein	19 g
Vitamin A	8 %
Calcium	1 %
Vitamin C	11 %
Iron	2 %

Phosphorus

9 mg
