

Barbecued Shrimp & Peach Kabobs

Good Housekeeping Magazine - July 2011

Servings: 4

Start to Finish Time: 25 minutes

12 12-inch metal or bamboo skewers

1 tablespoon packed dark brown sugar

1 teaspoon ancho chile powder

1 teaspoon sweet paprika

1/2 teaspoon ground cumin

1/4 teaspoon cayenne pepper

salt

freshly ground black pepper

1 pound (16 to 20 count) shrimp, shelled and deveined

3 medium peaches, cut into 1-inch chunks

1 bunch green onions, dark green parts trimmed, cut into 2-inch pieces

lime wedges (for serving)

If using bamboo skewers, soak the skewers in cold water for at least 30 minutes to prevent burning.

Prepare the outdoor grill for direct grilling on high.

In a large bowl, combine the brown sugar, chile powder, paprika, cumin, cayenne, 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Add the shrimp, peaches and onion. Toss until evenly coated.

Thread the shrimp, peaches and onion alternately onto the skewers.

Grill 3 to 4 minutes or until browned and shrimp just become opaque throughout, turning once.

Serve with lime wedges.

Per Serving (excluding unknown items): 49 Calories; trace Fat (2.8% calories from fat); 1g Protein; 12g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.