

Brown Sugar and Lime-Glazed Shrimp and Pineapple Kebabs

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Servings: 4

3 tablespoons dark brown sugar
3 tablespoons fresh lime juice
4 teaspoons unsalted butter
1 tablespoon fresh ginger, minced
2 teaspoons jalapeno pepper, seeded and minced
1/4 teaspoon salt
1 1/2 pounds large shrimp, peeled
1 fresh pineapple, peeled and cut into chunks
2 teaspoons peanut oil
8 (8 to 10-inch) bamboo skewers, soaked in water for 30 minutes
lime wedges

In a small saucepan, combine the brown sugar, lime juice, butter, ginger, jalapeno and salt. Bring to a boil. Reduce the heat and simmer for 5 minutes until syrupy.

Toss the shrimp and pineapple with the peanut oil.

Arrange four to five shrimp on each skewer with pineapple chunks in between.

Prepare the grill.

Grill the skewers for 2 minutes on each side, brushing with the glaze.

Per Serving (excluding unknown items): 335 Calories; 10g Fat (25.5% calories from fat); 35g Protein; 27g Carbohydrate; 2g Dietary Fiber; 269mg Cholesterol; 391mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 1 Fruit; 1 Fat; 1/2 Other Carbohydrates.