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# Jambalaya Kebabs

*The Essential Southern Living Cookbook*

Servings: 4

Start to Finish Time: 20 minutes

**8 ounces (about 16) large peeled, deveined raw shrimp**  
**6 ounces (one cup) smoked sausage, cut into 1/2-inch rounds**  
**1 small (one cup) sweet onion, cut into one-inch pieces**  
**1 small (3/4 cup) red bell pepper, cut into one-inch pieces**  
**16 (about one pint) cherry tomatoes**  
**3 tablespoons olive oil**  
**2 teaspoons Cajun seasoning**  
**1 teaspoon chopped fresh thyme**  
**1/2 teaspoon chopped fresh oregano**  
**2 tablespoons chopped fresh flat-leaf parsley**

Preheat the grill to high (450 to 500 degrees) or heat a grill pan over high heat.

In a large bowl, combine the shrimp, sausage, onion, pepper, tomatoes, olive oil, Cajun seasoning, thyme and oregano. Toss to coat. Thread the mixture onto eight (ten-inch) skewers, alternating ingredients.

Place the kebabs on oiled grill grates. Grill, uncovered, until the vegetables and sausage are lightly charred and the shrimp is cooked through, about 2 minutes per side.

Transfer the kebabs to a serving plate. Sprinkle with parsley.

## Seafood

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*Per Serving (excluding unknown items): 470 Calories; 41g Fat (78.9% calories from fat); 15g Protein; 10g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 1079mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates.*