

Lemon & Mint Seafood Skewers with Tabbouleh

Woman's Day Magazine - Aug 1, 2007
www.WomansDay.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 35 minutes

Alternative preparation.

Omit the scallops and double the amount of shrimp used.

1 cup uncooked bulgur
1/4 cup lemon juice
1 tablespoon olive oil
1 teaspoon olive oil (additional)
1 1/2 teaspoons garlic, minced
1/4 teaspoon salt
1/8 teaspoon salt (additional)
1/4 teaspoon pepper
1/8 teaspoon pepper (additional)
12 ounces extra-jumbo shrimp, peeled
12 ounces large sea scallops
1 cup tomatoes, chopped
1 kirby cucumber, chopped
1/4 cup parsley, chopped
1/4 cup mint, chopped
1/4 cup scallions, sliced
8 large metal or wooden skewers

Soak the bulgur in a large bowl according to package directions.

About 15 minutes before the bulgur will be done, combine two tablespoons of the lemon juice, one teaspoon of oil, the garlic, 1/8 teaspoon of salt and 1/8 teaspoon of pepper in a zip-top bag. Add the shrimp and scallops to the bag and marinate for 10 minutes.

Coat an outdoor grill rack with nonstick spray. Preheat the grill.

Thread the shrimp and scallops alternately on the skewers.

Grill 3 to 4 minutes, turning once, until just barely opaque at the centers. Remove to a serving plate.

Add the remaining two tablespoons of lemon juice, one tablespoon of oil, 1/4 teaspoon of salt and 1/4 teaspoon of pepper to the bulgur.

Add the tomatoes, cucumber, parsley, mint and scallions. Toss to mix.

Serve with skewers.

Per Serving (excluding unknown items): 51 Calories; 4g Fat (57.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.