

Rosemary Grilled Shrimp and Vegetables

Jill Wendhold Silva - Kansas City Star
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Servings: 4

1/2 cup fresh squeezed lemon juice
3 tablespoons olive oil
1 tablespoon fresh rosemary, minced
1 tablespoon fresh flat-leaf parsley, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon crushed red pepper flakes
1 pound (16/20 per pound) jumbo fresh shrimp OR thawed shelled frozen uncooked shrimp, shelled and deveined
1 medium sweet yellow onion , cut into 3/4-inch thick wedges
1 medium red bell pepper, cut into 1-inch squares
1 small zucchini or yellow squash, halved lengthwise and sliced 3/4-inch thick
6 to 8 button mushrooms
4 cups brown rice pilaf, cooked
low-fat feta cheese crumbles (optional)
fresh rosemary sprigs (for garnish)
lemon slices (for garnish)

In a small bowl, whisk together the juice, oil, rosemary, parsley, salt, pepper, paprika and red pepper flakes. Measure out and reserve two tablespoons of the juice mixture.

Place the shrimp in a small bowl. Drizzle with about one tablespoon of the lemon juice mixture. Toss to coat evenly.

Thread the shrimp onto two 12-inch metal skewers.

Thread the vegetables onto three 12-inch metal skewers.

Lightly oil the grill grate or spray with nonstick spray.

Preheat the grill to medium or allow the coals to burn down to white ash.

Grill the vegetables in a covered grill over direct heat for 10 to 12 minutes or until the vegetables are crisp tender, turning to brown evenly and brushing generously with lemon juice mixture while grilling.

Grill the shrimp in a covered grill over direct heat for 2 to 4 minutes or just until the shrimp turn pink, turning to cook evenly and brushing generously with the lemon juice mixture.

Carefully remove the vegetables and shrimp from the skewers and place in a large mixing bowl.

Drizzle with the reserved lemon juice mixture and toss to coat evenly.

Spoon the shrimp and vegetables over the brown rice pilaf.

Sprinkle with the feta cheese, if desired.

Garnish with the rosemary sprigs and lemon slices.

Per Serving (excluding unknown items): 124 Calories; 11g Fat (70.9% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 139mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 Fat.