

Shrimp and Fennel Kebabs with Italian Salsa Verde

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Servings: 4

Start to Finish Time: 40 minutes

Grill Time: 12 minutes

SALSA VERDE

1/3 cup parsley chopped

1/3 cup fresh basil, chopped

1 1/2 tablespoons shallots, finely chopped

2 tablespoons extra-virgin olive oil

1 1/2 tablespoons fresh lemon juice

1 tablespoon water

1 1/2 teaspoons capers, chopped

1/8 teaspoon Kosher salt

1/8 teaspoon pepper

KEBABS

4 teaspoons olive oil, divided

28 large (about 1.5 pounds) shrimp, peeled and deveined

1 large fennel bulb, cut into twelve wedges

1 large red onion, cut into twelve wedges

3/8 teaspoon Kosher salt

1/8 teaspoon pepper

cooking spray

In a medium bowl, combine the parsley, basil, shallots, olive oil, lemon juice, water, capers, salt and pepper. Stir with a whisk.

Preheat the grill to medium-high heat.

In a bowl, combine two teaspoons of the oil and the shrimp. Toss to coat.

Thread the shrimp evenly onto four 12-inch skewers. Thread three fennel wedges and three onion wedges alternately onto each of four 12-inch skewers. Brush the vegetables with the remaining two teaspoons of oil.

Sprinkle the shrimp and vegetables with the Kosher salt and pepper.

Place the skewers on a grill rack coated with cooking spray. Grill the shrimp for 1 1/2 minutes on each side or until done. Grill the vegetables for 12 minutes or until tender, turning occasionally.

Serve with the salsa verde.

Per Serving (excluding unknown items): 183 Calories; 12g Fat (58.6% calories from fat); 10g Protein; 9g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 335mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.