
Shrimp Kebabs

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh oregano

1/2 teaspoon chopped fresh rosemary

1/2 teaspoon lemon zest

1/2 teaspoon olive oil

1/4 teaspoon table salt

1/4 teaspoon freshly ground black pepper

1 clove garlic, minced

dash cayenne pepper

18 large peeled deveined raw shrimp

6 (six-inch) rosemary sprigs

Preheat the grill to medium (350 to 400 degrees).

In a zip-top plastic bag, combine the thyme, oregano, rosemary, lemon zest, olive oil, table salt, pepper, garlic, cayenne pepper and the shrimp. Seal and shake well. Marinate in the refrigerator for 15 minutes, turning occasionally.

Thread three shrimp on each rosemary sprig. Place the prepared sprigs on a grill rack coated with nonstick spray.

Grill 2 minutes on each side, or until the shrimp just begin to turn pink.

Seafood

Per Serving (excluding unknown items): 16 Calories; 1g Fat (43.1% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 99mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat.