

Bacon Wrapped Shrimp

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Servings: 8

*1/4 cup barbecue sauce
3 tablespoons low-sodium
soy sauce
2 tablespoons honey
2 tablespoons lemon juice
3 tablespoons minced garlic
1 teaspoon sesame oil
1/2 teaspoon minced ginger
1/2 teaspoon salt (to taste)
1/4 teaspoon cracked black
pepper
1 pound jumbo size shrimp,
peeled and deveined, tails
intact
14 slices bacon*

Preparation Time: 1 hour 15 minutes

Cook Time: 10 minutes

Adjust the oven rack on the top third half of the oven (just above half way). Preheat the oven to broil (or grill) settings on medium-high heat (400 degrees).

In a shallow bowl, combine the barbecue sauce, soy sauce, honey, juice, garlic, oil and ginger. Pour out half of the sauce into a separate small bowl and store it in the refrigerator for later use.

Add the shrimp to the sauce in the shallow bowl. Season with salt and pepper. Let marinate for 10 minutes, if time allows.

Slice the bacon slice in half lengthwise. Wrap one slice of bacon around one shrimp. Repeat with the remaining bacon and shrimp until all are done.

Arrange the bacon-wrapped shrimp in a single layer on a lined baking sheet. Broil (or grill) for 8 minutes until the bacon is crispy and sizzling. Flip and broil for another 2 minutes until the shrimp are cooked through.

Serve the shrimp with the remaining sauce.

Serve with guacamole.

Per Serving (excluding unknown items): 100 Calories; 6g Fat (54.7% calories from fat); 4g Protein; 7g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 466mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.