

Marinated Grilled Shrimp

Yield: 10 servings

Ingredients:

1 ½ lbs. large shrimp, thawed
½ cup lemon juice
¼ cup unsalted chicken or vegetable stock
½ cup fresh parsley
a/3 cup fresh cilantro
4 tsp garlic, minced
1 Tbs paprika
2 tsp ground cumin
¾ tsp crushed red pepper flakes
¼ tsp ground black pepper



Directions:

Soak wooden skewers in water.

Shell and devein shrimp. Set aside.

Throw all remaining ingredients into blender and process to a fine puree. In a large glass bowl, mix together shrimp and marinade. Cover and chill for ½ hour.

Drain shrimp and reserve marinade. Thread shrimp on skewers. Grill skewers on medium to high heat just until they turn pink, turning frequently and brushing with reserved marinade, about 15 minutes.

Nutrition

Calories	125
Total Fat	2.0g
Sat. Fat	0.4 g
Chol	172.3mg
Carb	2.6g
Fiber	0.1g
Protein	23.2g