

Amazing Spicy Grilled Shrimp

Ingredients:

¼ cup (1 ¾ fl oz) Food Club olive oil
¼ cup chopped fresh parsley
1 Tbsp hot sauce
1 Tbsp minced garlic
1 Tbsp ketchup
1 ½ tsp Asian chile paste
½ tsp salt
½ tsp black pepper
2 Tbsp lemon juice
1 ½ lbs large shrimp, peeled and deveined
1 large green pepper, cut into 1-inch pieces
1 large red pepper, cut into 1-inch pieces
1 large yellow pepper, cut into 1-inch pieces
½ lb fresh mushrooms
12 wooden skewers, soaked in water

Directions:

1. Whisk together the oil, parsley, hot sauce, minced garlic, ketchup, chile paste, salt, pepper and lemon juice in a mixing bowl. Set aside about 1/3 of this marinade to use while grilling.
2. Place the shrimp and peppers in a large, resealable plastic bag. Pour in the remaining marinade and seal the bag. Refrigerate for 2 hours.
3. Clean mushrooms by wiping with a dry paper towel.
4. Preheat an outdoor grill for medium heat. Thread shrimp, peppers and mushrooms alternately onto skewers and brush with remaining marinade.
5. Lightly oil grill grate. Cook for 2 to 3 minutes per side until shrimp is opaque.

Yield: 6 Servings

Nutritional analysis per serving: calories 250, calories from fat 110, total fat 12g, saturated fat 1.5g, cholesterol 170g, sodium 460mg, total carbohydrate 9g, dietary fiber 2g, sugars 4g, protein 25g, vitamin A 45%, vitamin C 230%, calcium 8%, iron 20%

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