

## Skewered Shrimp and More

Yield: 6 servings

### Ingredients:

4 tablespoons olive oil  
4 garlic cloves, minced  
2 tablespoons lemon juice  
2 tablespoons white wine vinegar  
2 tablespoons Dijon mustard  
1 teaspoon thyme  
1 tablespoon hot red-pepper sauce, or to taste  
salt and freshly ground black pepper to taste  
24 large uncooked shrimp, peeled and deveined  
1 large red pepper, cut into 6 pieces  
1 large green pepper, cut into 6 pieces  
6 purple onion pieces, cut like peppers

### Procedure:

Whisk together oil, garlic, lemon juice, vinegar, mustard and seasonings in a mixing bowl and then pour into a covered container. Add shrimp and place in refrigerator for 1 to 2 hours; stir mixture several times while it's marinating. Beginning with

about  
200 calories  
and  
11 grams of fat  
per serving

shrimp, alternately skewer shrimp and vegetables so each skewer contains 4 shrimp and 1 piece each of the red and green peppers and onion. Spray grill with cooking oil and cook kebabs for about 5 minutes on each side over a medium-to-hot heat.

A serving of these colorful shish kebabs provides a full day's supply of vitamin C from the red and green peppers and about one-third of the recommended daily vitamin A as beta carotene.

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