



BBQ RECIPE



GRILLED PESTO SHRIMP SKEWERS

Shrimp skewers are a crowd pleaser! Buying frozen shrimp is a great and easy option. If you decide to buy fresh shrimp, make sure you cook the shrimp as soon as possible for the best flavour.

Grilled Pesto Shrimp Skewers

Serves 7

Ingredients:

- 1 cup fresh basil leaves, chopped
- 1 clove garlic
- 1/4 cup grated Parmigiano Reggiano
- 3 tbsp olive oil
- 1 1/2 lbs jumbo shrimp, peeled and de-veined (weight after peeled)
- Kosher salt and fresh pepper to taste
- 7 wooden skewers



Instructions:

1. In a food processor pulse basil, garlic, parmesan cheese, salt and pepper until smooth. Slowly add the olive oil while pulsing.
2. Combine raw shrimp with pesto and marinate a few hours in a bowl. Soak wooden skewers in water at least 20 minutes (or use metal ones to avoid this step). Thread shrimp onto 7 skewers.
3. Heat an outdoor grill or indoor grill pan over medium-low heat until hot. Be sure the grates are clean and spray lightly with oil. Place the shrimp on the hot grill and cook until shrimp turns pink on the bottom, about 3-4 minutes; turn and continue cooking until shrimp is opaque and cooked through, about 3-4 minutes.

Nutritional Info (per serving):

Calories:	180	Sodium:	292mg
Total Fat:	8.4g	Protein:	25g

Source: www.skinnytaste.com