

# BBQ RECIPES

## GRILLED PESTO SHRIMP SKEWERS

Shrimp skewers are a sure-fire crowd-pleaser! Frozen shrimp will work great for this recipe, but if you opt for fresh shrimp, be sure to cook it as soon as possible for the best flavour.

### Grilled Pesto Shrimp Skewers

Makes 7 servings

#### Ingredients

- 1 cup fresh basil leaves, chopped
- 1 clove garlic
- 1/4 cup grated parmesan Reggiano cheese
- 3 tbsp olive oil
- 1½ lbs. (weight after peeled) jumbo shrimp, peeled and de-veined
- Salt and pepper, to taste

Be sure to have 7 skewers (wood or metal) on hand!



#### Directions

1. In a food processor, pulse basil, garlic, cheese, salt, and pepper until smooth. Slowly add the olive oil while pulsing.
2. Add the raw shrimp to a bowl and pour in the pesto. Cover and marinate in the fridge for 2-3 hours.
3. If using wooden skewers, soak them in water for at least 20 minutes. This prevents them from burning on the grill.
4. Divide shrimp evenly and thread them onto the skewers.
5. Heat an outdoor grill or indoor grill pan to medium-low. Be sure the grates are clean and spray lightly with oil. Place shrimp skewers onto 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 (another 3-4 minutes).

Nutrition Info Per Serving: Cal 180 | Fat 8.4g | Protein 25g | Sodium 292mg

