

## **Lime Shrimp Kabobs**

From the Centers for Disease Control & Prevention (CDC)

Fruit and Veggies: More Matters Campaign

<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=293&Search=grilled&PageNumber=1&SortBy=TA&PerformOrSearch=-1&Fruits=&Vegetables=&MealTypes>

### **Ingredients**

- 16 large shrimp, uncooked, deveined
- 3 large limes
- 2 cloves garlic, crushed and peeled
- ¼ tsp. black pepper
- 2 tsp. olive oil
- 10 medium cherry tomatoes, rinsed and dried
- 10 small white-button mushrooms, wiped clean and stems removed

### **Instructions**

1. In a glass measuring cup, squeeze limes, yielding ¼ cup of juice.
2. Add garlic, pepper, olive oil, and cilantro. Stir.
3. Place shrimp in medium bowl and pour the cilantro lime marinade over the shrimp.
4. Let shrimp marinate for 10-15 minutes. (Do not let them marinate more than 30 minutes because the acid in the juice will alter the texture of the shrimp.)
5. Alternate tomatoes, mushrooms, and shrimp on four skewers.
6. Grill skewers over medium heat for 3-4 minutes on each side until shrimp are just cooked through.

*Makes 2 servings (Serving size: 2 kabobs)*

### **Nutrition information per serving:**

Calories	160
Carbohydrate	17 g
Dietary Fiber	4 g
Sugars	5g
Protein	15 g
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	85 mg
Sodium	95 mg

