

Shrimp Kebobs

Grilling fish or meat with vegetables on a skewer is easy, and it's healthier if you marinate it for 10-15 minutes in an acidic solution in advance. The colors are wonderful served with a mixed green salad.

Prep Time: 15 minutes

Marinating Time: 15 minutes

Grilling Time: 10 minutes

Serves: 2

Ingredients:

Marinade:

3 tablespoons avocado oil

2 tablespoons lemon juice

1 teaspoon ground paprika

1 teaspoon dried thyme

½ teaspoon sea salt

¼ teaspoon ground black pepper

1/8 teaspoon ground cayenne pepper (optional)

4 medium garlic cloves, minced

Skewers:

1 ½ pounds large shrimp, peeled and deveined

1 large red bell pepper, cut into 1-inch pieces

1 large yellow or orange bell pepper, cut into 1-inch pieces

8 ounces baby Portabella mushrooms (any small button mushroom will do)

1 medium red onion, skin removed, cut into quarters and separated into thin layers

18 cherry tomatoes

Directions:

Set the grill at 450° F, or turn on the broiler. Use 6 metal or wood skewers; if wood skewers, soak them in water while ingredients are marinating.

Combine marinade ingredients in a bowl with shrimp, peppers, mushrooms, and red onion. Stir occasionally. Grease the skewers with avocado oil using a paper towel, then skewer red and yellow pepper, onion, mushrooms, alternating with 3 tomatoes and 1/6 of the shrimp per skewer.

Grill or broil for about 10 minutes, until shrimp is pink and cooked, but not dry, turning every 3-4 minutes. Meanwhile, toss a mixed green salad with your favorite dressing, and serve kebobs over the salad on plates.

Enjoy!

Steven Masley, MD