



Grilled Shrimp Poppers

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Yield: 10 servings

Prep Time: 8 minutes. Total Time: 45 minutes.

Ingredients

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and deveined
- Skewers or grill basket

Preparations

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill to medium heat. Thread shrimp onto skewers or toss into a grill basket. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Nutrition Facts

Serving size: approx. 3 ounces

Amount Per Serving

Calories 155

Total Fat 8g

Saturated Fat <1g

Cholesterol 177mg

Sodium 235mg

Total Carbohydrate <1g

Dietary Fiber 0g

Protein 19g

Carbohydrate Serving 0



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