

Balsamic-Orange Shrimp Kebabs

[Recipe](#)



Nutrition Facts:

PER SERVING	
Balsamic-Orange Shrimp Kebabs	
Makes: 4 servings	
Serving Size: 2 kebabs	
<hr/>	
Calories	270
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Fat	7 g
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Saturated Fat	1.1 g
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Trans Fat	0 g
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Carbohydrate	15 g
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Fiber	2 g
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Sugars	11 g
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Cholesterol	285 mg
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Sodium	315 mg
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Potassium	725 mg
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Protein	37 g
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Phosphorus	395 mg
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Choices: Fruit 0.5, Carbohydrate 0.5, Lean Protein 5	

Preparation time:

1 hour 20 minutes

Cook Time:

6 minutes

Servings:

4 servings

Serving Size:

2 kebabs

Ingredients:

- 16: 12-inch wooden skewers
- Cooking spray
- 1: large zucchini, halved & cut into 24 pieces
- 24: large peeled and deveined shrimp
- 3: slices peeled fresh pineapple, cut into 24 wedges
- ½ cup: fresh orange juice
- 2 tbsp: olive oil
- 2 tbsp: balsamic vinegar
- 1 tsp: honey
- 1 tsp: orange zest
- ¼ tsp: ground ginger
- ¼ tsp: cayenne pepper
- ¼ tsp: sea salt
- ¼ tsp: freshly ground black pepper

Directions:

1. Soak the skewers in a shallow pan of warm water for at least 1 hour.
2. Coat an outdoor grill rack with cooking spray. Preheat the grill to medium-high. Alternatively, cover a broiler pan with foil and preheat the oven broiler to high. Place the rack about 6 inches from the heat source.
3. Drain the water from the skewers. Using 2 skewers per kebab, thread on 3 pieces each of zucchini, shrimp, and pineapple.
4. In a small bowl, combine the orange juice, olive oil, balsamic vinegar, honey, orange zest, ginger, cayenne, salt, and black pepper.
5. Add the skewers to the grill or broiler pan and brush with some of the juice mixture. Grill on both sides for 3 to 4 minutes per side, basting with the juice mixture. Remove the kebabs from the grill and place on a serving platter.

