

SZECHUAN-STYLE GRILLED SHRIMP and VEGETABLE SKEWERS

SERVES: 5 | SERVING SIZE: 2 shrimp and vegetable skewers
PREP: 20 minutes | READY: 1 hour and 30 minutes (includes marinating time)

INGREDIENTS

Marinade ingredients

- 1/4 cup bottled Szechuan sauce (such as House of Tsang Stir Fry Szechuan Spicy Sauce)
- 3 tablespoons rice vinegar
- 3 tablespoons brown sugar
- 1 tablespoon neutral oil such as canola
- 1 clove garlic, minced
- 1 teaspoon finely minced fresh gingerroot

Skewer ingredients

- 1 pound raw, thawed shrimp (peeled, deveined and tails removed)
- 1 medium red onion cut into 3/4-inch cubes (to yield 30 cubed onion pieces)
- 1 medium red bell pepper, cut into 3/4-inch cubes (to yield 15 cubed pepper pieces)
- 1 medium yellow bell pepper, cut into 3/4-inch cubes (to yield 15 cubed pepper pieces)

Remaining ingredients

- 10 metal or wooden skewers
- 2 teaspoons neutral oil such as canola
- 3 tablespoons thinly sliced green onion
- 3 tablespoons chopped dry roasted peanuts



DIRECTIONS

To prepare marinade, in a jar with a tight-fitting lid, combine Szechuan sauce, rice vinegar, brown sugar, oil (1 tablespoon), garlic, and gingerroot. Shake until combined and refrigerate until ready to use.

To marinate shrimp and vegetables, pat thawed shrimp dry with paper towel and place in a zip-top sealable plastic bag. Add cubed red onion, red pepper, and yellow pepper to bag. **Reserve 3 tablespoons of Szechuan marinade to be brushed onto cooked shrimp skewers (for food safety, this reserved sauce should never come in contact with raw shrimp)**. Add remaining marinade to plastic bag, seal, and toss ingredients to coat shrimp and vegetables. Refrigerate and allow to marinate 1 hour (marinating longer than 1 hour can result in mushy shrimp). If using wooden (bamboo) skewers, fully submerge them in water while the shrimp and vegetables marinate. Soaking wooden skewers in water lessens the chance they will catch on fire during grilling.

To prepare skewers, remove shrimp and vegetables from plastic bag and discard marinade. Thread 10 skewers with bell pepper cubes, onion cubes, and shrimp (I used a pattern of bell pepper, onion, and shrimp, repeated three times per skewer).

To grill skewers, clean grill grate and rub with 2 teaspoons oil to prevent sticking. Over medium-high heat, grill shrimp and vegetable skewers for 3 to 4 minutes on each side, or until shrimp is cooked (shrimp is pink and opaque when done). Remove cooked skewers from grill and place on a serving platter. Brush shrimp and vegetable skewers with reserved marinade, garnish with green onion and peanuts, and serve.

NUTRITION INFORMATION PER SERVING

189 calories, 8 g total fat, 1 g saturated fat, 0 g trans fat, 138 mg cholesterol, 430 mg sodium, 11 g total carbohydrate, 2 g dietary fiber, 8 g total sugars, 5 g added sugars, 19 g protein, 0 mcg (0%) vitamin D, 68 mg (6%) calcium, 2 mg (10%) iron, 348 mg (8%) potassium

