



Add some protein, with a quick meal on the grill — use this **RECIPE** below.



Zesty Grilled Shrimp

YOU WILL NEED

- + Fresh or frozen shrimp (Plan for 4–5 ounces per person. Look for peeled, deveined shrimp to save time!)
- + Italian dressing or canola oil spray
- + Wooden skewers, metal skewers, or a grill basket

INSTRUCTIONS

- 1 If shrimp is frozen, thaw completely before cooking. If using wooden skewers, soak them for 20 minutes.
- 2 Heat a gas grill to high or prepare charcoal grill.
- 3 Toss shrimp in Italian salad dressing or spray with canola spray, then skewer or place in grill basket.
- 4 Grill on medium heat until opaque (about 6-8 minutes).
- 5 Serve alongside grilled vegetables or salad brought by one of your friends!

NUTRITIONAL INFO

Shrimp only, not including dressing which is dependant on selected type and amount.

SERVINGS 8 servings | **AMOUNT PER SERVING** 5 Shrimp | **CALORIES** 43 | **CALORIES FROM FAT** 0
% DAILY VALUE* Sodium 88mg 4% | Total Carbohydrate 8g 3% | Dietary Fiber 2g 8% | Protein 3g 6%

Cholesterol 53.6mg | Sodium 67.9mg 3% | Carbohydrates 0.4g | Net carbs 0.4g | Protein 8.2g | Vitamin A 12.9µg 2% | Vitamin C 1.3mg 3% | Calcium 21.4mg 3% | Iron 0.4mg 6%
Good Source of: Thiamin [nutritional category not listed equals zero]

Source: <https://www.eatthismuch.com/food/nutrition/raw-shrimp.144524/>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: