ROSEMARY SHRIMP SKEWERS

INGREDIENTS:

8 OUNCES	WILD CAUGHT DOMESTIC SHRIMP, PEELED, DEVEINED
1 TABLESPOON	ROSEMARY, FRESH, CHOPPED
1 TABLESPOON	GARLIC, FRESH, MINCED
PINCH	SALT
PINCH	BLACK PEPPER, GROUND
1 TABLESPOON	OLIVE OIL
WOOD OR METAL SKEWERS	

METHOD:

- Heat grill. If using wood skewers soak them in water for an hour or so.
- Combine garlic, rosemary, olive oil, salt and pepper in a ziplock bag (or a bowl). Add shrimp and marinate for 1-2 hours.
- Remove shrimp from marinade and gently shake off excess olive oil. Slide a skewer through the head end and then the tail end, the shrimp will be "U" shaped on the skewer.
- Grill shrimp until the internal temperature reaches 140°F to 145°, the shrimp should be pink and firm.

Other seasonings could be added or replaced with the current seasonings here. Lemon juice and dill would pair nicely or even old bay and lemon juice. Season to your liking and enjoy!

Serves: 2
Serving Size: 4 ounces
Calories: 130
Fat: 2.5 gm **Sodium:** 135 mg **Carbohydrates:** 0 gm **Protein:** 23 gm **Fiber:** 0 gm