

On the Grill Shrimp Skewers



2 tablespoons extra virgin olive oil
1 tablespoon lemon juice
3 garlic cloves, pressed
2 teaspoons fresh rosemary, minced
1/2 teaspoon salt
1/4 teaspoon black pepper
1 1/2 pounds extra-large shrimp, shelled and cleaned, tails on
Nonstick cooking spray

Combine all ingredients in a medium bowl and toss. Cover and refrigerate 15-60 minutes.

Heat a grill to medium-high. Thread shrimp on skewers (if they're wooden, soak in water 30 minutes prior to grilling). Lightly mist grill with cooking spray. Grill shrimp until just cooked through, about 2 minutes per side. Makes 6 servings.

Nutrition information per serving: 160 calories, 24 grams protein, 5 grams fat, 0 grams carbohydrate, 358 mg sodium.