

Grilled Seasoned Shrimp

1 1/2 pounds uncooked large shrimp
1 small red onion,
sliced and separated into rings
1/4 cup Italian dressing, fat free
2 green onions, chopped
2 tbsp. Lemon juice
2 tbsp. Balsamic vinegar
2 tbsp. Olive oil
3 garlic cloves, minced
Salt and coarsely ground pepper to taste,
Optional

Peel and devein shrimp, leaving tails intact if desired. Coat a grill rack with non-stick cooking spray before starting the grill. Grill shrimp, covered, over indirect medium heat for 2-3 minutes on each side or until shrimp turn pink. Refrigerate until chilled. In a large re-sealable plastic bag, combine the remaining ingredients; add shrimp. Seal bag and turn to coat; refrigerate for at least 2 hours. Serve with a slotted spoon. Makes 4 servings.

Nutritional information per serving: 267 calories; 7 grams carbohydrate; 35 grams protein; 10 grams fat; 470 mg sodium