

Catalina Island Grilled Shrimp

I like to butterfly large shrimp. This means to slice nearly through the back of the shrimp where it has been deveined. This takes an extra five minutes, but it is well worth the effort. It makes a beautiful presentation and gets all the marinade flavors injected into the shrimp. When using skewers to cook the shrimp on the grill, soak them ahead of time in water, which will help prevent the ends from burning.

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|---------------|-------------------------------------|---------|---|
| 2 pounds | large shrimp (15-20#) , butterflied | 1 pinch | salt and freshly ground black pepper (to taste) |
| 1 | lemon | | |
| 2 cloves | garlic, minced | 12 | wooden skewers, soaked in water for 20-30 minutes |
| 1 Tablespoon | fresh rosemary, minced | | |
| 2 Tablespoons | olive oil | | |

- 1 Shell shrimp if necessary and butterfly shrimp by slicing nearly through the back of the shrimp where it has been deveined and place in a bowl. Remove zest (yellow part) from the lemon and then juice it.
- 2 Add to the bowl of shrimp, the minced garlic, the lemon zest, lemon juice, minced rosemary, a splash of olive oil to coat the shrimp and salt and pepper, Stir everything together and let it marinate while you heat up the grill. Thread the shrimp on skewers and set aside.
- 3 Spray the grill with cooking oil and when it is ready, place the skewers on the grill, keeping their handles away from the heat source. Cook for a few minutes on each side until the shrimp becomes transparent and reddish in color. Serve with lemon wedges.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 308 calories, 96 calories from fat, 10.8g total fat, 344.7mg cholesterol, 409.7mg sodium, 467.7mg potassium, 5.5g carbohydrates, 1.4g fiber, <1g sugar, 46.5g protein.

Source

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