



Courtesy of Kevin Alexander @fitmencook

Grilled Shrimp and Avocado Kabobs

Ingredients:

Jumbo prawns 1 lb.
Large avocados, ripe but firm 1-1/2
Red bell pepper 1
Orange bell pepper 1
Yellow bell pepper 1
Red onion 1
Garlic paste 1 tbsp
Cayenne pepper 1 tsp
Sea salt and pepper to taste

Marinade:

Extra-virgin olive oil 1/2 tbsp
Large lime juice 1
Bragg's apple cider vinegar 1 tbsp
Ginger paste 1/2 tsp
Garlic paste 1-1/2 tsp
Cilantro, finely chopped 1/8 cup
Sea salt and pepper to taste

Directions:

1. Set your grill or oven to about 400 degrees F.
2. Soak wooden skewers in water for at least 15 minutes.
3. Chop veggies and avocado into large pieces. Peel the shrimp, leaving the tails. Season them with garlic paste, cayenne, salt, and pepper.
4. Assemble the kabobs. I like to use chunks of red onion as the end caps, but feel free to make the recipe your own and toss in your favorite seasonable vegetables. Opt for fibrous vegetables, because they're more filling and will likely hold up well under intense heat.

6. Spray your grilling rack with olive oil (or nonstick cooking spray if you are using an electric grill). Place the kabobs on the grill, and cook for about 8-10 minutes. Flip them over and cook for another 8-10 minutes.

7. In a bowl, mix the ingredients for the marinade. When the kabobs have finished grilling, brush them with the optional marinade and serve immediately.

Nutrition Facts:

Serving size: 1 kabob

Recipe yields 5 servings

Calories 256

Fat 12 g

Carbs 14 g

Protein 22 g