



## Tequila-Lime Shrimp Skewers with Grilled Fruit Salsa

**Prep: 30 minutes**

**Grill: 15 minutes • Serves: 8**

### Shrimp Skewers

- 1 garlic clove, minced
- ¼ cup fresh lime juice
- ¼ cup gold tequila
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon brown sugar
- ¼ cup olive oil
- 1¼ pounds raw 16-20 count tail-on peeled and deveined shrimp, thawed if necessary
- 8 (8-inch) wooden skewers
- 16 small lime wedges

### Salsa

- 2 medium plums, halved and pitted
- 2 large nectarines or peaches, halved and pitted
- 2 rings fresh pineapple
- 2 tablespoons olive oil
- 2 tablespoons agave nectar
- 2 tablespoons fresh lime juice
- 2 tablespoons gold tequila
- ¼ teaspoon salt
- ½ cup finely chopped red onion
- 1 tablespoon coarsely chopped fresh mint
- 1 tablespoon finely chopped jalapeño pepper

**1.** Prepare Shrimp Skewers: Prepare outdoor grill for direct grilling over medium heat. In small bowl, whisk garlic, juice, tequila, cilantro and sugar; whisking constantly, slowly drizzle in oil.

**2.** Place shrimp in large zip-top plastic bag; pour tequila mixture over shrimp. Seal bag, pressing out excess air; let stand 20 minutes. Soak skewers in water 20 minutes.

**3.** Prepare Salsa: Brush fruit with oil. Place fruit cut side down on hot grill rack; cover and cook 8 minutes or until tender and grill marks appear, turning once. Cut fruit into ½-inch pieces. In medium bowl, whisk agave nectar, juice, tequila and salt; add onion, mint, jalapeño and fruit and toss until well combined.

**4.** Remove shrimp from marinade; discard marinade. Alternately thread shrimp and lime wedges onto skewers; place skewers on hot grill rack. Cook, covered, 5 minutes or until shrimp turn opaque throughout, turning once.

*Approximate nutritional values per serving:*

*226 Calories, 10g Fat (1g Saturated), 85mg Cholesterol, 124mg Sodium, 17g Carbohydrates, 1g Fiber, 12g Protein*

### Dietitian's Dish

- > Enjoy shrimp in moderation. They are a low-calorie source of protein, high in key nutrients such as selenium, vitamin B12, phosphorus and choline. Selenium plays a role in immunity, thyroid function, and protection from free radicals which can cause aging and disease.