

Grilled Shrimp and Tomato Skewers with Apricot Dipping Sauce

Sandra Lee Semi-Homemade Quick & Easy Cooking - July/August 2011

Servings: 6

Preparation Time: 30 minutes

Grill Time: 5 minutes

12 6-inch wooden skewers

1/2 cup apricot preserves

2 tablespoons water

2 teaspoons Dijon mustard

2 teaspoons soy sauce

1/4 teaspoon crushed red pepper

1/8 teaspoon salt

12 large fresh shrimp, peeled and deveined, tails on

12 cherry tomatoes

Soak the skewers in warm water for 30 minutes.

Spray the grill rack with nonstick nonflammable cooking spray.

Preheat the grill to medium heat (300 to 350 degrees).

In a medium microwave-safe bowl, combine the preserves and water.

Microwave on HIGH for 30 seconds or until warm.

Stir in the mustard, soy sauce, red pepper and salt.

Thread the shrimp and tomatoes onto the skewers. Coat with cooking spray.

Grill the skewers, covered with the grill lid, for 5 minutes, turning occasionally, or just until the shrimp are pink and firm and the tomatoes are slightly tender.

Place the skewers on a serving platter.

Lightly brush with the apricot sauce.

Serve with the remaining sauce.

Per Serving (excluding unknown items): 87 Calories; trace Fat (4.2% calories from fat); 3g Protein; 19g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 209mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1 Other Carbohydrates.