

Greek Shrimp Kebabs

Prep Time: approx. 10 Minutes.

Marinating Time: 15 Minutes

Cooking Time: 5 Minutes

Servings: 4



2 Tbsp	fresh lemon juice	30 ml
2 Tbsp	white wine	30 ml
2	garlic cloves, minced	2
1 tsp	extra-virgin olive oil	5 ml
1 tsp	dried oregano, crumbled	5 ml
1 tsp	kosher salt	5 ml
1/4 tsp	ground black pepper	1 ml
1lb 4 oz	large shrimp, shelled and deveined	0.56 kg
1	large onion, cut into quarters	1
1 cup	large cherry tomatoes	240 ml
4	whole wheat pita breads	4
1/3 cup	crumbled feta cheese	80 ml

Directions

- 1 Preheat a grill to high, prepare a hot fire or preheat the broiler. If using wooden skewers, soak 4 skewers in water for 30 minutes.
- 2 In a large baking dish, combine the lemon juice, wine, garlic, oil, oregano, salt and pepper. Stir in the shrimp and let stand at room temperature for 15 minutes.
- 3 Separate the onion layers. Alternately thread the shrimp, onion layers, and cherry tomatoes onto the skewers. Lightly oil the grill. Grill the shrimp, turning once, until cooked through, 5 to 6 minutes.
- 4 Meanwhile, grill the pita breads, turning once, until heated through, 1 to 2 minutes.
- 5 To serve, place a warm pita on each of 4 plates, top with a shrimp skewer and sprinkle with the feta.

Tip: To make quick work of shelling the shrimp, use small kitchen scissors. Cut the shell along the curved back of the shrimp, making a shallow cut in the shrimp as you go, then remove the peel. (Leave the tail on, if you like.) Then with your fingers, pull out the dark vein.

Information per serving:

K-Count: 4

Calories: 395

Protein: 38.8 g

Carbs: 43.9 g

Fat: 7.2 g

Recipe courtesy of Kinetix