

Shrimp and Fennel Kebabs with Italian Salsa Verde

Italian salsa verde tastes tangy-briny--totally different from the spicy Mexican salsa of the same name.

Yield: Serves 4 (serving size: 1 shrimp kebab, 1 vegetable kebab, and about 1 1/2 tablespoons salsa verde) **Hands-on:** 40 Minutes **Total:** 40 Minutes

Ingredients

- Salsa verde:
- 1/3 cup chopped parsley
- 1/3 cup chopped fresh basil
- 1 1/2 tablespoons finely chopped shallots
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon water
- 1 1/2 teaspoons capers, chopped
- 1/8 teaspoon kosher salt

- 1/8 teaspoon pepper
- Kebabs:
- 4 teaspoons olive oil, divided
- 28 large shrimp, peeled and deveined (about 1 1/2 pounds)
- 1 large fennel bulb, cut into 12 wedges
- 1 large red onion, cut into 12 wedges
- 3/8 teaspoon kosher salt
- 1/8 teaspoon pepper
- Cooking spray



Preparation

1. To prepare salsa verde, combine first 9 ingredients in a medium bowl, stirring with a whisk.
2. Preheat the grill to medium-high heat.
3. To prepare kebabs, combine 2 teaspoons oil and shrimp; toss to coat. Thread shrimp evenly onto 4 (12-inch) skewers. Thread 3 fennel wedges and 3 onion wedges alternately onto each of 4 (12-inch) skewers. Brush vegetables with remaining 2 teaspoons oil. Sprinkle shrimp and vegetables with 3/8 teaspoon salt and 1/8 teaspoon pepper.
4. Place skewers on a grill rack coated with cooking spray; grill shrimp 1 1/2 minutes on each side or until done. Grill vegetables 12 minutes or until tender, turning occasionally. Serve with salsa verde.

Nutritional Information: Amount per serving: Calories: 320

Fat: 14.4g Saturated fat: 2.1g Monounsaturated fat: 8.7g
Polyunsaturated fat: 2.4g Protein: 36.1g Carbohydrate: 11g
Fiber: 2.8g Cholesterol: 259mg Iron: 5.2mg
Sodium: 559mg Calcium: 142mg