
Find this recipe at:

<http://www.diabeticgourmet.com/recipes/html/764.shtml>

Thai Shrimp Skewers

Yield: 10 servings (appetizer)

Serving size: 2 skewers



Ingredients

- 20 medium shrimp, cooked and peeled
- 2 garlic cloves, finely chopped
- 1 tablespoons grated fresh gingerroot
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon granulated sugar
- 1 tablespoon fish sauce
- Juice of 1 lime
- 20 (3-inch) wooden skewers or long toothpicks, soaked in warm water for 1 hour

Directions

1. Pat shrimp dry with paper towels.
2. Combine shrimp, garlic, ginger, red pepper, sugar, fish sauce, and lime juice in a glass or ceramic bowl. Cover and refrigerate for 1 hour.
3. Skewer 2 shrimp onto each skewer. Serve chilled.

Note: You can marinate shrimp up to 6 hours in advance; skewer shrimp up to 3 hours in advance. Store in an airtight container in the refrigerator.

Nutritional Information (Per Serving)

Calories:	15
Protein:	1 g
Sodium:	5 mg
Cholesterol:	18 mg
Fat:	0.5 g
Dietary Fiber:	0 g
Carbohydrates:	1 g
Exchanges:	1/2 Very Lean Meat

Source: The Complete Idiot's Guide to Terrific Diabetic Meals
