

# Shrimp and Vegetable Kebabs



PREPARATION TIME  
10 minutes



COOKING TIME  
10 minutes



PERFECT PARTNER  
cocktail sauce



Buying cleaned shrimp is appealing—but more expensive. It's not hard to clean shrimp in your own kitchen. Just slide off the shell, remove the vein and rinse the shrimp under cold running water.

## SHOPPING LIST

- shrimp
- Italian salad dressing
- soy sauce
- hot pepper sauce
- lemon
- zucchini
- mushrooms
- tomatoes

## ON HAND

- onions

# Shrimp and Vegetable Kebabs

## INGREDIENTS

- 1 pound large shrimp, peeled, deveined
- 1 (16-ounce) bottle nonfat Italian salad dressing
- 1/3 cup soy sauce
- 1 tablespoon hot pepper sauce
- 1 tablespoon lemon juice
- 3 small zucchini
- 8 small white onions, peeled
- 8 large fresh mushrooms
- 2 tomatoes, cut into wedges

SERVES 4

**COOKIN'**  
*Express*

- Be sure to spear the shrimp at both ends with the skewers. With the shrimp secured at each end, the kebabs can be turned easily while broiling and will cook evenly.

## Make Ahead

Marinate peeled shrimp for up to 2 hours before proceeding with the recipe. The shrimp and vegetables will absorb more flavor.

## ♦ VARIATION

One 8-ounce can of pineapple chunks will add a sweet twist to these kebabs. Drain, then thread onto kebabs in step 3.

**1** Place shrimp in a shallow dish. Combine dressing, soy sauce, hot pepper sauce and lemon juice in a medium bowl; mix well. Reserve 1/2 the sauce. Pour remaining sauce over shrimp.



**2** Preheat broiler. Soak 8 wooden skewers. Cut zucchini into 1/2-inch pieces. Drain shrimp, discarding sauce.



**3** Alternately thread shrimp, zucchini, onions, mushrooms and tomato wedges onto presoaked skewers.



**4** Broil kebabs, turning several times and basting with reserved sauce, for 6 minutes or until shrimp turn pink. Serve immediately.