

Grilled Herbed Shrimp Skewers

Serves 4-6 appetizer portions



1 pound of shrimp, peeled and deveined
3 cloves of garlic, minced
2 tablespoons of fresh basil, chopped
2 tablespoons of fresh parsley, chopped
1 tablespoon of dijon mustard
2 lemons, juiced
1/4 cup of olive oil
2 teaspoons of sea salt
1 teaspoon of cracked pepper
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Skewers

In a bowl, combine garlic, basil, parsley, dijon, lemon juice, olive oil, salt and pepper. Combine well with a fork. Add shrimp and toss. If time allows, let the shrimp marinate for 1 hour or over night.

Soak wooden skewers in water for 1 hour. Skewer shrimp onto the sticks. Grill for 1 minute on each side until pink. Serve warm, at room temperature, or refrigerate and serve cold. If the weather isn't cooperating for the grill, they can also be prepared in the oven- just roast them at 450 degrees for 5-7 minutes.