

Shrimp Teriyaki

NUTRIENT ANALYSIS

Calories	162
Protein	25 g
Carbohydrate	12 g
Total Fat	1 g
Saturated Fat	trace
Cholesterol	221 mg
Fiber	2 g
Sugars	2 g
Sodium	400 mg

Each serving counts as 1 protein, 1 nonstarchy vegetable, and ½ fruit.

Here is a way to prepare shrimp that deserves high-priority status in your meal planning. Low in just about everything except nutrition, this recipe maintains just the right level of necessary sweetness from the teriyaki sauce and pineapple.

4 servings

1¼ pounds large shrimp (about 15 shrimp per pound), peeled and deveined

¼ cup bottled teriyaki sauce

8 bamboo skewers

1 green bell pepper, cored, seeded, and cut into 1-inch squares

1 red onion, cut into quarters, then divided into sections about two layers thick

1 cup canned unsweetened pineapple chunks, drained

1. Toss the shrimp and teriyaki sauce in a large bowl. Cover and refrigerate 1 hour, tossing occasionally. At the same time, soak the bamboo skewers in a large glass of water.

2. Preheat broiler.

3. Thread the shrimp, bell pepper sections, onion wedges, and pineapple chunks onto the skewers, dividing the ingredients evenly among the skewers. Wrap the ends of the skewers in small pieces of aluminum foil to keep them from burning. Lay them in the broiler pan or in a shallow metal roasting pan. (Lining the pan with nonstick aluminum foil makes cleanup a snap later on.)

4. Broil 5 inches from the heat until the shrimp begin to turn pink, about 2 minutes. Turn and continue broiling just until the shrimp are pink and firm, about 2 more minutes. Serve at once.