HEALTHY FOOD IN A SNAP
GRILLED SHRIMP AND PEACH KABOBS

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GRILLED SHRIMP AND PEACH KABOBS

INGREDIENTS

- 3 Tablespoons honey
- ½ tsp ginger
- Juice of one lime
- ½ tsp lime zest
- 24 large shrimp, peeled and deveined
- 2–3 large peaches, peeled and cut into wedges
- ½ tsp salt
- Vegetable oil
- 8 wooden skewers/kabob sticks

INSTRUCTIONS

1. In a small bowl, whisk together the honey, lime juice, ginger powder, salt and lime zest.
2. Soak wooden skewers in a pan of water for 30 minutes, threading them with the shrimp and peaches to avoid wooden skewers from burning.
3. Heat your grill or grill pan on medium heat, not too high as honey mixture will burn.
4. Brush grill pan or grates with a small amount of vegetable oil.
5. Thread shrimp onto skewers alternating with peach wedges, about 3 shrimp per skewer.
6. Brush kabobs with the honey mixture.
7. Cook on grill (or stove top cook in shallow pan) 8-12 minutes, turning occasionally until shrimp is cooked (looks pink & slightly curled).

Recipe courtesy of: Shana Tatum, RD LD