

Grilled Marinated Shrimp
Contributed by Bonnie Gust

This is one of my favorite recipes, as it can be used as an appetizer or a meal. I also love to grill my food, all year round. I also love this recipe because seafood is so healthy for us. Let us not forget how easy this recipe is too.

Here are the ingredients:

1 lb of cooked shrimp (I buy the two pound bag from the freezer section of my grocery store)
5 oz of orange marmalade (I buy the 10 oz jars, to go with my 2 lb bag of shrimp)
2 tbsp of lemon juice
1 tbsp of lime juice
1 red pepper, chopped in 1 inch pieces
1 green pepper, chopped in 1 inch pieces
1 onion, chopped in 1 inch pieces

All you do is mix the marmalade, lemon juice and lime juice. Then add some water so that it is thin enough to pour, but thick enough to somewhat stick to the shrimp. Face it, you are going to lose most of the juice in the grill, but that is OK. It will flavor the shrimp without adding the calories. I have a grill wok for my grill, I spray it with non-stick spray, add the shrimp (yes, I am too lazy to defrost, so I just run lukewarm water over them to thaw them a little). Add the peppers and onions. As you are grilling the shrimp, just dribble the sauce over the top. Keep stirring the shrimp and veggies for about 10 minutes. In the wok, they won't actually look much different then when you pulled them out of the bag. They will just be hot and tasty. Enjoy!