

PREPARATION: 20 MINUTES

COOKING: 15-18 MINUTES

SERVINGS: 8

ALLOW A FEW HOURS FOR MARINATING

THAI SHRIMP KEBABS

Nutrient Analysis

PER SERVING: 1/8 of recipe

RENAL EXCHANGE: 2 Meat + 1 Vegetable + 1 Fat

Calories	212 Kcal	Sodium	267 mg
Protein	13g	Potassium	259 mg
Total Carbohydrate	7 g	Phosphorus	233 mg
Fiber	1 g	Calcium	63 mg
Sugars	3 g	Iron	1 mg
Fat	15 g	Magnesium	30 mg
Saturated	2 g	Vitamin C	34 mg
Cholesterol	107 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant



THAI SHRIMP KEBABS

INGREDIENTS

1 cup red peppers, cubed

2 small onions, quartered

2 cups cauliflower, cut in florets

½ cup fresh lime juice

½ cup white wine

1 tablespoon red or green

Thai curry paste

½ cup vegetable oil

*⅓ cup fresh basil or cilantro,
chopped*

*1½ lbs shelled raw shrimp with tails
on (suggested size 31–40)*

8 skewers



PREPARATION

- 1 Cut red peppers and onions.
- 2 Put cauliflower in boiling water for 2 minutes, drain and set aside.
- 3 In a large bowl, blend the lime juice, wine, curry paste, oil and herbs together with a whisk. Toss in shrimp and all vegetables and marinate in the fridge for a minimum of 1 hour, up to 12 hours.
- 4 Place the shrimp and vegetables on skewers, alternating them attractively.
- 5 Grill on BBQ on medium heat for 15–18 minutes or broil on a baking sheet in your oven for 15 minutes, turning them once.
- 6 Serve with basmati rice.

NOTES

- ✓ *Allow a few hours for marinating.*
- ✓ *This is a great recipe for your summer party.*
- ✓ *Recipe can easily be halved.*

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