

**Ingredients:**

3 large cloves garlic, minced  
1 lb (454 g) large shrimp, peeled and de-veined  
2 tbsp olive oil  
1½ tbsp balsamic vinegar  
½ tsp dried basil (or ¼ cup fresh basil, chopped)  
½ tsp dried parsley (or ¼ cup fresh parsley, chopped)  
16 wooden skewers

**Directions:**

- Combine garlic, olive oil, balsamic vinegar, basil and parsley in a bowl. Add shrimp to the mixture. Coat shrimp in sauce and marinate in the refrigerator for 1 hour.
- Place skewers in water to soak for 30 minutes. This is to prevent them from burning on the grill.
- Thread shrimp on skewers, making sure the head and tail of the shrimp pass through the skewer.
- Grill on medium heat, about 4-5 minutes on each side, turning once.

Portions: 8

Serving Size: 2 shrimp skewers (2 oz.) (2 protein, 1 fat)

Adapted from Epicurious.com

