



Grilled Antipasto Skewers

Makes 4.



Ingredients

24 peeled and deveined shrimp (31-40 size)

1 - 8 oz jar cocktail onions

3/4 pound red or black California seedless grapes

3 oz prosciutto, each piece sliced into long ribbons

Marinade

1 clove garlic, crushed

1 tablespoon balsamic vinegar

1/2 teaspoon chopped fresh rosemary

1/4 teaspoon salt

plenty of freshly ground black pepper

4 tablespoons olive oil

Directions

Soak long bamboo skewers in water for at least 5 minutes. Thread skewers with shrimp (2), grapes (6) and onions (2), with a ribbon of prosciutto winding throughout. Place the finished skewers in shallow dish or plate. Evenly dab on half of the marinade with a brush. Let marinate in the refrigerator for at least 30 minutes and then brush with the remaining marinade. Grill on a hot fire for 2 minutes a side. Serve immediately.

To make the marinade: whisk together the garlic, vinegar, rosemary, salt and pepper and gradually add the oil.

Nutritional Information

Calories 92; Protein 4 g; Carbohydrate 7.5 g; Fat 5 g; Saturated Fat .8 g; 49% Calories from Fat ; Cholesterol 24 mg; Sodium 122 mg; Fiber .57 g.