



Our Family Recipes

Kerry's Mexican Shrimp

(Kerry Finley, ALA East Palo Alto Unit 472)

Before the Meal

Prep: 45 minutes Cook: 3 minutes (if you buy fresh shrimp)

Makes 20

40 large shrimp (about 1.75 lbs), shelled and deveined
1 can (4 - 4.5 oz) chopped mild green chilies
2 T fresh lime juice
1 T chopped fresh cilantro or 1 Tsp dried cilantro
1 T olive or veggie oil
 $\frac{3}{4}$ t salt
 $\frac{1}{2}$ t sugar
 $\frac{1}{2}$ t ground black pepper
2 medium avocados
20 (12-inch) bamboo skewers
Lime and lemon wedges for garnish

In a large bowl, mix green chilies with their liquid, lime juice, cilantro, oil, salt, sugar, and black pepper

Stir in shrimp to coat thoroughly with dressing. If not serving kabobs right away, refrigerate shrimp mixture

Just before serving, cut avocados into 1.25-inch chunks. (I've never paid attention to that before; I just ensure I have as many chunks of avocado as I do shrimp.)

On each bamboo skewer, thread 2 shrimp and 2 chunks of avocado (in alternating order.) Arrange skewers on a large platter. Serve immediately, garnished with lime and lemon wedges.

I always buy frozen cooked shrimp and thaw them in the fridge b/c I'm too lazy to deal with fresh shrimp. If you buy fresh shrimp, you'll just need to cook them for about 1-2 minutes in boiling water, or until they turn opaque throughout.

If you're curious, here's the nutritional info for each piece:

~70 calories, 7g protein, 2g carbohydrate, 4g total fat (1g saturated), 61mg cholesterol, 170 mg sodium.

Alternate version: If I don't have time to skewer these, but still want the basic flavor, I'll buy small shrimp (and cut the avocado smaller) and make this into a dip to serve with crackers or Fritos Scoops instead.