



Grilled Blueberry Shrimp

I was making a marinade for these jumbo shrimp I had bought and it needed a touch of sweetness. I had a bottle of blueberry juice in the refrigerator and poured some in and the results were FABULOUS! I found unsweetened blueberry juice in the Health food section of our supermarket. It can be frozen into smaller containers if you aren't going to use it often.

Serves 5

- 2 pounds jumbo shrimp (13-15 count)
- ¼ cup chopped shallots
- 4 cloves chopped garlic
- ¼ cup chopped flat parsley
- ¼ cup Dry Vermouth or dry white wine
- 1 Tablespoon olive oil
- Herbamare to taste
- ⅛ teaspoon chili powder
- ¼ cup blueberry juice

Mix all the ingredients except the shrimp together in small bowl. Clean shrimp and put in Ziploc bag. Add marinate, seal bag and shake bag so all shrimp get covered in marinate. Place in the refrigerator for 1-2 hours. Heat grill for 5 minutes. Place shrimp on grill and cook 2 minutes each side. Shrimp should be pink and opaque when done. Serve with asparagus, salad, small serving of wild rice, and fruit for a balanced meal.

Per serving: protein 28 grams, carbohydrates 2 grams, fat 3.5 grams