

Grilled Shrimp

1 tablespoon finely chopped fresh lemon thyme or thyme
3 tablespoons fresh lemon juice
1 tablespoon olive oil
1 teaspoon freshly ground black pepper
16 large shrimp (about 1 pound), peeled and deveined
Lemon wedges

1. Combine fresh thyme, lemon juice, olive oil and freshly ground black pepper in glass dish or resealable plastic food storage bag. Add shrimp; toss to coat shrimp evenly. Cover dish, or reseal plastic bag; refrigerate for 1–2 hours to marinate shrimp.
2. Heat broiler or grill. Coat a broiler pan or grill with nonstick cooking spray.
3. Broil or grill shrimp about 4 inches from heat for 4 minutes or until cooked through, turning shrimp over once halfway through the cooking. If the shrimp are not very large, you may need to use a grill basket to prevent them from falling through the grill rack.
4. Garnish shrimp with lemon wedges.

Per serving: 58 calories, 4 g fat (1 g saturated), 5 g protein, 1 g carbohydrate, 0 g fiber, 54 mg sodium, 47 mg cholesterol.