

Shrimp & Veggies – from the Kitchen of Gail Johnson

A simple, easy to prepare, delicious dish that's so good for you!

- 1 20 oz bag of frozen broccoli and cauliflower florets (defrosted)**
- 2 medium Vidalla onions**
- 1 pint cherry tomatoes**
- 2 tablespoons chopped fresh oregano**
- 1/4 cup chopped cilantro**
- 2 tablespoons extra-virgin olive oil**

Mix above ingredients (using only half of the cilantro) in a bowl and toss with olive oil. Place mixed ingredients over hot grill and cook until onions brown. Do not overcook. Salt and pepper to taste.

- 20 large shrimp (16 to 20 per pound)**
- 3 tablespoons bottled barbeque sauce**
- 2 tablespoons lemon juice**

Pour barbeque sauce into a shallow bowl and marinade shrimp. Place shrimp on medium-hot grill. Turn shrimp after about two minutes or when shrimp are pink. Then grill until second side turns pink – about another 2 minutes. Again, don't overcook but test a shrimp by cutting to make sure it is cooked through. Toss shrimp with lemon juice and sprinkle in remaining cilantro. Salt and pepper to taste. Serve hot or at room temperature.

Serves 4. About 210 Calories per serving.

