

Tandoori Shrimp

(Makes 4 servings)

Looking for an easy and flavorful way to kick off grilling season? Try our tandoori shrimp! This dish will fill your patio with the aroma of Indian spices. If you're not a shrimp fan, you can substitute boneless, skinless chicken breasts or leg of lamb cubes with all fat removed. Either way, keep in mind that crushed pepper flakes are quite hot, so start with the lesser amount and taste the yogurt marinade before adding more.

Ingredients:

Marinade

- 2 garlic cloves, sliced
- ½-inch piece fresh ginger, peeled and sliced
- Juice of 1 lime
- ¼ teaspoon ground turmeric
- 2 teaspoons ground cumin
- ¼ teaspoon ground cinnamon
- Dash of ground nutmeg
- ¼ teaspoon kosher salt, optional
- ¼ to ½ teaspoon crushed red pepper flakes
- 1 cup nonfat yogurt

Non-Marinade

- 1 pound extra-large shrimp, shelled and deveined
- Vegetable oil cooking spray
- Paprika

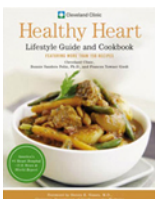
Directions:

- 1) In a food processor or blender, combine the garlic, ginger, lime juice, turmeric, cumin, cinnamon, nutmeg, salt (if using), red pepper to taste and yogurt to make the marinade. Blend well and place in a glass bowl until ready to use.
- 2) One hour before starting to cook, add the shrimp to the yogurt marinade. If using wooden rather than metal skewers, soak them in warm water for 30 minutes to prevent burning.
- 3) Light a grill or preheat the broiler. Lightly coat a grill rack with cooking spray. Thread the shrimp on the skewers and sprinkle with paprika. Grill the shrimp 4 to 6 inches from the source of heat for 1 minute. Carefully turn and sprinkle again with paprika. Cook until the shrimp are cooked through, another 2 to 3 minutes. Serve immediately.

Nutritional Analysis: (per serving)

- Calories: 150 (9% calories from fat)
- Total Fat: 1.5 g
- Saturated Fat: 0 g
- Protein: 27 g
- Carbohydrates: 7 g
- Dietary Fiber: < 1 g
- Cholesterol: 220 mg
- Sodium: 290 mg
- Potassium: 240 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.