

Shrimp Pineapple Skewers

Prep: 10 min Cook: 10 min Total: 50 min Servings: 4

Calories: 190 Fat: 4g Protein: 16g Carbs: 20g Fiber: 1g

Ingredients

- 1 (15 oz) can pineapple chunks with juice
- 3 Tbsp BBF Organic Coconut Aminos
- 1 Tbsp sesame oil
- 1 tsp sriracha or hot sauce of choice
- 3 green onions, chopped
- 1 clove of garlic, chopped
- 1 pound raw shrimp, peeled and deveined

Directions

1. In a large resealable bag, combine the pineapple chunks and juice, coconut aminos, sesame oil, Sriracha, half of the chopped green onions, garlic, and shrimp. Seal the bag and turn to mix well.
2. Refrigerate for 30 minutes. Do not marinate for longer than 1 hour, as it may affect the texture of the shrimp.
3. Preheat a gas or charcoal grill to medium heat (350 degreesF to 375 degreesF).
4. Remove the shrimp and pineapple from the marinade and thread them loosely onto skewers.
5. Grill the kebabs, turning occasionally, until the shrimp are fully pink and opaque-about 4-6 minutes total.
6. If you'd like to use the marinade as a glaze or sauce, bring it to a full boil in a small saucepan. Boil for 5-10 minutes, or until it reduces by half and thickens slightly.
7. Serve the skewers garnished with the remaining green onions and a drizzle of the cooked marinade.
8. Enjoy your Shrimp Pineapple Skewers!