

Curried Peanut Shrimp

SOURCE: Cooking Light, JULY 1999 (www.cookinglight.com)

INGREDIENTS:

1/3 C orange marmalade
1/4 C orange juice
2 TBS reduced-fat creamy peanut butter
1 TBS Dijon mustard
1 1/2 tsp curry powder
1 tsp vegetable oil
1/2 tsp salt
1/4 tsp crushed red pepper
1/4 tsp chile sauce with garlic
32 large shrimp, peeled/de-veined (about 1 lb)
Cooking spray

DIRECTIONS:

Combine first 9 ingredients in blender - process till smooth. Reserve 1/4 C marinade. Place remaining marinade mixture in large zip-top plastic bag - add shrimp - seal and shake to coat. Marinate in refrigerator 30 minutes.

Prepare grill or broiler.

Remove shrimp from bag, reserving marinade. Thread shrimp onto each of 4 (12") skewers. Place kebabs on grill rack or broiler pan coated with cooking spray - cook 3 minutes on each side or till shrimp are done, basting frequently with remaining marinade. Spoon reserved 1/4 C marinade over shrimp.

Yield: 4 servings (serving size: 8 shrimp)

NUTRITION PER SERVING: CALORIES 228 (24% from fat); FAT 6.2g (sat 1g, mono 2.1g, poly 2g); PROTEIN 19.6g; CARB 24.6g; FIBER 0.3g; CHOL 129mg; IRON 2.5mg; SODIUM 626mg; CALC 60mg