



Dietitian's Dish

Show your appreciation for DAD!

Taking time to appreciate the people who are important to you is essential for staying connected. With all that's been going on in the world, it's more urgent than ever to show how thankful you are!



Give your dad, the father of your children, or other father-figures in your life a special experience on Father's Day! What better way to share your thanks than with a great meal?

On your next shopping trip, pick up any ingredients you don't have on-hand and fire up the grill.

Tequila-Lime Shrimp Skewers with Grilled Fruit Salsa

Ingredients:

- 1 garlic clove, minced
- 1/4 cup fresh lime juice
- 1/4 cup gold tequila
- 2 Tbsps. chopped fresh cilantro
- 1 Tbsp. brown sugar
- 1/4 cup olive oil
- 1-1/4 pounds raw (16-20 count) tail-on peeled and deveined shrimp, thawed if necessary
- 8 (8-inch) wooden skewers
- 16 small lime wedges
- [Fruit Salsa \(see below for link to recipe ingredients and directions\)](#)



Directions:

1. Prepare outdoor grill for direct grilling over medium heat. In small bowl, whisk garlic, juice, tequila, cilantro and sugar; whisking constantly, slowly drizzle in oil.
2. Place shrimp in large zip-top plastic bag; pour tequila mixture over shrimp. Seal bag, pressing out excess air; let stand 20 minutes. Soak skewers in water 20 minutes.
3. Remove shrimp from marinade; discard marinade. Alternately thread shrimp and lime wedges onto skewers; place skewers on hot grill rack. Cook, covered, 5 minutes or until shrimp turn opaque throughout, turning once.

See the full recipe at

<https://inseasonzine.com/home/tequila-lime-shrimp-skewers-with-grilled-fruit-salsa/>