barbecue shrimp skewers, asian rice salad and baked beans

45 minutes



APRON'S ADVICE

To safely remove skewers from hot shrimp, use tongs to hold shrimp, then pull skewers out and discard.

SHOPPING LIST

Dry Grocery

3/4 cup barbecue sauce 2 tbsp chutney cooking spray 1/4 cup diced water chestnuts 1/4 cup golden raisins and cherries 2 cups instant rice 1 (13 1/2-oz) can light coconut milk 1 tbsp light sweet Vidalia onion salad dressing 1 tbsp mustard 1 (15-oz) can pork and beans 1/4 cup salted cashews 1/2 tsp seafood seasoning blend

16 wooden or bamboo skewers (6-inch)

Produce

1 tbsp onion flakes 1/2 cup shredded carrots

Seafood

1 lb (51/60 count) fresh peeled/deveined shrimp

Suggested Items

Key lime pie fresh sliced pineapple



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COOKING SEQUENCE

- Prepare rice and begin to chill 15 minutes
- Prepare shrimp through step 6 20 minutes

barbecue shrimp skewers

INGREDIENTS

cooking spray

1 pound fresh peeled/deveined shrimp

(51/60 count)

16 wooden or bamboo skewers (6-inch)

1/2 teaspoon seafood seasoning blend

1/2 cup barbecue sauce

STEPS

1. Spray grill with cooking spray, then preheat. 2. Lay 4 shrimp on flat surface, nesting together horizontally. 3. Lay hand flat on shrimp and push pointed end of skewer through center of each shrimp, connecting them. 4. Take second skewer and push through shrimp 1/2-inch from first skewer. (This keeps shrimp from spinning when turned on the grill.) Repeat with remaining shrimp. Wash hands. 5. Place skewers on plate (may be paper) and sprinkle both sides with seasoning. 6. Brush barbecue sauce over both sides of skewers, spreading evenly. 7. Grill 5-7 minutes, turning frequently, until shrimp turn pink and opaque. Serve.

asian rice salad

INGREDIENTS

1 (13 1/2-ounce) can light coconut milk

2 cups instant rice

2 tablespoons chutney

1 tablespoon light sweet Vidalia onion salad

dressing

1/4 cup salted cashews

1/4 cup diced water chestnuts 1/4 cup golden raisins and cherries

1/2 cup shredded carrots

salt and pepper, to taste

STEPS

1. Place coconut milk in medium saucepan. Cover and bring to boil on high heat. (Watch carefully to prevent boil over.) 2. Stir in rice. Cover, remove from heat and let stand 5 minutes. 3. Place in medium mixing bowl: chutney, dressing, cashews, water chestnuts, raisins and carrots. Stir together.

4. Add rice to raisin mixture. Salt and pepper to taste and mix together. Chill in freezer 30-40 minutes. Serve.

baked beans

INGREDIENTS

1 (15-ounce) can pork and beans 1/4 cup barbecue sauce

1 tablespoon mustard 1 tablespoon onion flakes

1. Place pork and beans, barbecue sauce, mustard and onion flakes in microwave-safe bowl. 2. Stir, cover and microwave on high 5-6 minutes, stirring every 2 minutes. Serve.

Calories 627kcal; Fat 13g; Cholesterol 172mg; Carbohydrate 97g; Fiber 7g; Protein 33g; Sodium 1229mg Vitamin A 59%; Vitamin C 10%; Calcium 13%; Iron 38%

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