



Shrimp & Pineapple Kabobs



About This Recipe

Serves: 6

Mess Rating: 1 (out of 5)

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

*Have your A.G. (Adult Guide) help you with this

Equipment

1 Cutting Board

1 Can Opener

1 Knife*

6 Bamboo Skewers

1 Set measuring cups

1 Bowl

1 Baster

Ingredients

1 lb (26-30) peeled and deveined shrimp

15 oz can or fresh pineapple chunks

1 medium red bell pepper

1 medium yellow or white onion

1/4 cup balsamic vinegar

Preparation:

Step 1: Set Up

Have an adult preheat the grill to medium-high.

Step 2: Prepare the Bamboo Skewers

Soak the bamboo skewers in a bowl of water for 1/2 hour

Step 3: Prepare the Vegetables

Wash and dry all of the vegetables

Step 4: Cut the Vegetables

With adult assistance, place the red bell pepper on the cutting board and carefully slice into 1" squares with knife.* Next, place the onion on the cutting board and carefully slice into 1" square with the knife.* Repeat until all of the vegetables have been cut into 1" squares.

Step 5: Prepare the Pineapple

Using the can opener, open and drain the pineapple chunks. If you are using fresh pineapple, have an adult help you cut the pineapple into 1 inch chunks.

Step 6: Prepare the Shrimp:

Remove shrimp from packaging. Ideally, you have shrimp that is already peeled and deveined upon purchase.

Step 7: Prepare the Kabobs:

Place shrimp, red bell pepper, onion, and pineapple on the bamboo skewer. Alternate shrimp and veggies for flavor.

Cooking Steps:

Step 8: Cooking on the Grill:

With adult assistance, place the skewers on the grill. After about 2 minutes, flip the kabobs over and baste them with balsamic vinegar. Total cook time should be between 3 and 5 minutes.

Nutrition Information:

Calories: 100 kCal

Protein: 9 grams

Fat: 1 gram

Saturated Fat: 0.1 gram

Sugars: 10 grams

Sodium: 349 mg