

# Roasted Shrimp Skewers, Braised Tomato, Olive, Garlic

Portion Size: 1 skewer

Yield: 4

## Ingredients

Jumbo Shrimp, raw	24 ea
Cooking Spray	1 spray
Olive Oil	3 TBSP
Black Pepper	½ tsp
Breadcrumbs	2 ½ tbs.
Canola Oil	3 tsp
Garlic Cloves, peeled	4 each
Yellow Onion, minced	1/3 cup
White Wine, Dry	2 ½ TBSP
Tomatoes, peeled, diced	½ cup
Olives, Kalamata, pitted	1/8 cup
Green Onion, fresh, chopped	1 TBSP

## Preparation:

1. Add 6 shrimp each to a skewer.
2. Place shrimp skewers on a lightly oiled sheet pan. Brush lightly with 2 TBSP olive oil, sprinkle with pepper, and breadcrumbs.
3. Toss garlic with canola oil, place on a sheet pan and roast until caramelized and softened.
4. Heat skillet with remaining 1 TBSP olive oil. Sweat onions until translucent. Add white wine and reduce by half.
5. Chop the roasted garlic. Add the tomatoes, garlic, and olives to pan and simmer for 10 minutes. Hold hot until ready to serve.
6. Bake the shrimp in a 350°F oven until golden brown and cooked throughout.
7. Place shrimp on a serving platter, top with tomato mixture, garnish with chopped scallions.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
150	16	6.5	1	2	6	0.5	470



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