

# Recipes for Healthy Living

## Food for Thought

Increased consumption of fruits and vegetables has been shown to lower the risk of several cancers such as cancers of the lung, mouth, esophagus, stomach, and colon. You should eat at least 5 servings of fruits and vegetables a day, especially those with the most color which is a sign of high nutrient content.

**Use this delicious recipe as part of a healthier diet!**

## Lemon Barbecue Shrimp

### Ingredients

2½ lbs	Large Fresh Shrimp
1/2 cup	Fresh Lemon Juice
1/3 cup	Reduced-Calorie Italian Salad Dressing
1/4 cup	Water
1/4 cup	Light Soy Sauce
3 tbsp	Fresh Parsley, Minced
3 tbsp	Onion, Minced
1 clove	Garlic, Crushed
1/2 tsp	Pepper, Freshly Ground



### Preparation Instructions

1. Arrange shrimp in a large shallow dish.
2. Combine lemon juice, salad dressing, water, soy sauce, parsley, onion, garlic and pepper in a jar, then cover tightly.
3. Shake jar vigorously.
4. Pour mixture over shrimp, cover, and marinate for 4 hours.
5. Drain, reserving marinade.
6. Thread shrimp onto skewers.
7. Preheat broiler or grill.
8. Arrange skewers on broiler pan or grill and cook 5 to 6 inches from medium heat source for 3 to 4 minutes on each side, basting frequently with reserved marinade.

### Nutrition Information: Amount Per Serving

Calories 176  
Total Fat 3g

Recipe Yields 6 Servings



This recipe is from:  
**Healthy Eating Cookbook,**  
published by the American Cancer Society.

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