

Chile-Spiced Shrimp Kabobs with Couscous

Preparation Time: 22 min Cooking Time: 8 min

Ingredients:

- 1 tsp distilled white vinegar
- 2 cups scallions, finely chopped
- 2 items sun-dried hot chile peppers, or scotch bonnet peppers, seeded, minced (do not touch seeds with bare hands)
- 2 Tbsp soy sauce
- 2 Tbsp fresh lime juice
- 1 tsp ground allspice
- 2 medium garlic cloves
- 2 tsp sugar
- 1/2 tsp dried thyme
- 1 tsp ground cinnamon
- 1 1/2 tsp table salt, or to taste
- 16 large shrimp, peeled and deveined
- 10 oz uncooked couscous
- 2 cups fat-free chicken broth
- 2 Tbsp parsley, fresh, minced

Instructions: To make marinade, combine vinegar, scallions, peppers, soy sauce, lime juice, allspice, garlic, sugar, thyme, cinnamon and salt in the bowl of a food processor; pulse until finely chopped. Brush both sides of shrimp with marinade; set aside for 10 minutes to allow flavors to blend. Thread 4 shrimp on each of 4 metal skewers. (If using wooden skewers, soak them in water for 30 minutes to prevent charring.) Grill skewers, turning as needed, until lightly charred and shrimp is just cooked through, about 4 minutes per side. Meanwhile, prepare couscous according to package directions, using broth instead of water; stir in parsley. Serve shrimp over couscous.



Yields 1 skewer and about 3/4 cup of couscous per serving @ 6 points, 8 points plus