

# Seafood Kabobs

Kabobs are a great way to grill up a delicious & healthy meal.

Make your kabobs with your favorite seafood:

Shrimp, Scallops, and all sorts of fresh fish!

Cut fish into approximately 1 inch pieces for your kabobs. Shrimp should be used whole. Scallops can be cut in half if large. Marinate seafood using your favorite sauce for 30 minutes, reserving some for basting. Discard marinade when finished. Meanwhile, soak bamboo skewers in water to prevent them from burning on the grill.

Thread seafood on the skewers along with your favorite vegetables.

Vegetable suggestions: Green, orange, & red peppers, mushrooms, cherry tomatoes, and zucchini.

Grease & pre-heat grill. Place skewers on grill, basting frequently with reserved marinade. Cook for 2-3 minutes per side or until seafood is opaque in center and cooked through.

*Enjoy!*

**Get Fresh**

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