

## **Totality Shrimp on the Barbie**

**by Scott and Michelle Williams, Totality Living Well**

It's almost spring and that means that we will soon be gathering around the grill as we move outdoors. Health Coaches and cookbook authors Scott and Michelle Williams are here with us today to share with us an original dish that they created for WBIR viewers. It's their take on Australian Shrimp on the Barbie.

Shrimp on the Barbie is a coined term that basically represents shrimp barbequed on an open grill and can be made in a variety of ways. Today we've paired jumbo shrimp with fruit to give it more of luau flair. We have a simple marinade of olive oil, lime, garlic, salt and pepper for the shrimp. We suggest marinating the peeled shrimp with tails on for 30 minutes.

The fruit we have included in this Aussie-inspired dish is grilled right along with the shrimp. Grilled fruit creates a surprise component for the palate and is loaded with fiber, antioxidants and is so good for you. Any fruit can be used, but today we chose seasonal produce that is available in the local supermarkets. We used pineapple, apples, starfruit and strawberries. Other fruit such as peaches, plums and kiwis also make for a delicious pairing in this dish when in season. The shrimp is cooked on skewers and the fruit can either be skewered or grilled on a vented pan.

The whole dish fuses together with our special honey, walnut chili sauce, which we've drizzled over everything.

With a simple lean protein and fresh fruit this meal is both satisfying and tasty!

For more Totality recipes, you can get the Taste of Totality Cookbook available at [totalitylivingwell.com](http://totalitylivingwell.com)

## **Totality Shrimp on the Barbie**

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16 Jumbo Shrimp, peeled, deveined with tails

½ c olive oil

2 garlic cloves, crushed

1 lime, juiced

Salt and pepper to taste

4 skewers (if wooden, soak for 30 minutes prior to grilling)

1 pineapple, peeled, cored and sliced

2 large apples sliced with skin on

2 starfruit sliced cross-wise with skin on

2 cups strawberries hulled

¼ c melted coconut oil

1 T ground cinnamon

Honey Walnut Chili Sauce:

1 T coconut oil or coconut oil spray

2/3 c honey

¼ c apple cider vinegar

1 t coconut sugar

1 t chili powder

½ t ground cumin

1 ½ c low sodium chicken broth

Salt and pepper to taste

½ c walnut halves

Optional: fresh leafy herbs for garnish

Preheat grill for low heat (approximately 325 degrees).

Combine shrimp in a large bowl or gallon-sized freezer bag with olive oil, garlic, lime juice, salt and pepper. Coat all shrimp evenly with mixture and set in the refrigerator to marinate for approximately 30 minutes. Lime juice will toughen the shrimp if left on for too long so don't go for more than an hour.

Next, toss together fruit with warm coconut oil mixture and cinnamon and set aside.

Make the sauce by first coating a medium saucepan with coconut oil or spray. Combine honey and vinegar. Swiftly whisk in broth and remaining ingredients. Bring to a quick simmer and remove. Transfer to a food processor and blend until smooth.

Arrange walnuts on a small dish and lightly toast in oven. Remove and add to sauce.

Thread shrimp together on skewers. Fruit can be cook arranged on vented pan (preferred method) or threaded on separate skewers.

Put shrimp and fruit on grill for 5 -10 minutes or until shrimp turns pink and fruit softens.

Plate shrimp and fruit and drizzle with sauce. Garnish with fresh herbs and enjoy your healthy Shrimp on the Barbie!