

Grilled Shrimp Skewers over White Bean Salad

From EatingWell: [July/August 2010](#)

Fresh herbs make all the difference in this light, summery [bean salad](#) that in turn makes an aromatic bed for the easy grilled shrimp. The shrimp and salad are wonderful together but you could also make them separately. Consider skewering and grilling scallops as another delicious option

READER'S COMMENT:

"I made this exactly as written and got raves from my guests. The beans were great with lettuce later. Used all fresh herbs from my garden, always a good thing. Also made the Mozzarella and tomato stacks from this article - they said it was..."

Makes: Makes 6 servings, about 3/4 cup salad and 4 shrimp each

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 1 teaspoon finely grated lemon zest
- 1/3 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons packed fresh oregano, minced
- 2 tablespoons packed fresh sage, minced
- 2 tablespoons minced fresh chives
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon salt
- 2 15-ounce cans cannellini beans, rinsed
- 12 cherry tomatoes, quartered
- 1 cup finely diced celery
- 24 raw shrimp (21-25 per pound; see Note), peeled and deveined



Preparation

1. Combine lemon zest, lemon juice, oil, oregano, sage, chives, pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in a small bowl. Add beans, tomatoes and celery to the large bowl; toss well.
2. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
3. Thread shrimp onto 6 skewers. (If using a grill pan, you don't need to skewer the shrimp.)
4. Oil the grill rack (see Tip) or the grill pan. Grill the shrimp until pink and firm, turning once, about 4 minutes total. Serve the shrimp on the white bean salad, drizzled with the reserved dressing.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the salad and shrimp separately for up to 1 day. | Equipment: Six 8- to 10-inch skewers
- **Note:** Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught. Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Size names, such as "large" or "extra large," are not standardized. In recipes calling for a specific count, order by the count (or number) per pound to be sure you're getting the size you want.
- **Tip:** To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Nutrition

Per serving: 212 calories; 8 g fat (1 g sat , 5 g mono); 95 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 17 g protein; 8 g fiber; 575 mg sodium; 242 mg potassium.

Nutrition Bonus: Vitamin C (25% daily value)

Carbohydrate Servings: 1

Exchanges: 1 starch, 1 vegetable, 2 1/2 lean meat, 1 1/2 fat