

Grilled Cilantro Lime Pesto Shrimp

9 ingredients · 30 minutes · 4 servings



Directions

1. Add the cilantro, parsley, garlic, lime juice, hemp seeds, salt, and pepper to the food processor. Pulse to finely chop the cilantro and parsley. With the food processor running, stream in the olive oil. Blend for about a minute, scraping down the sides of the bowl as needed.
2. Add half of the sauce to a zipper-lock bag then add the shrimp. Marinate the shrimp for at least 15 minutes.
3. Shake off any excess marinade and pierce the shrimp onto the barbecue skewers. Discard the leftover marinade that was touching the shrimp.
4. Grill over medium-high heat for four to five minutes, flipping halfway through or until the shrimp are cooked through. Divide the shrimp skewers between plates and serve with the remaining sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one 12-inch skewer.

More Flavor

Add cumin or red pepper flakes to the pesto sauce.

No Parsley

Use more cilantro instead.

No Hemp Seeds

Omit or use walnuts or pine nuts instead.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

- 1 cup Cilantro (tough stems removed)
- 1 cup Parsley (tough stems removed)
- 1 Garlic (clove, minced)
- 3 tbsps Lime Juice
- 2 tbsps Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil
- 1 lb Shrimp (peeled, deveined, tails removed)
- 4 Barbecue Skewers

Nutrition

Amount per serving

Calories	313	Calcium	103mg
Fat	23g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Thiamine	0.1mg
Monounsaturated	15g	Riboflavin	0mg
Carbs	3g	Niacin	1mg
Fiber	1g	Vitamin B6	0.1mg
Sugar	0g	Folate	32µg
Protein	25g	Vitamin B12	0µg
Cholesterol	183mg	Phosphorous	339mg
Sodium	146mg	Magnesium	84mg

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Potassium	481mg	Zinc	2mg
Vitamin A	1557IU	Selenium	0µg
Vitamin C	25mg		