

Featured Recipe

Grilled Veggies, Chicken or Shrimp

(double recipe if making veggies and meat)

Ingredients:

- 1/3 cup extra virgin olive oil
- juice of one small lime (approximately 2 Tablespoons)
- 1/2 teaspoon grated lime zest
- 2 cloves garlic, crushed (approximately 2 teaspoons)
- 1 1/2 teaspoons fresh oregano (or 1 teaspoon dried oregano)
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Tablespoon chili paste (optional)
- 1 pound chicken breast, cut into 1-2 inch chunks OR raw, peeled and deveined shrimp OR cleaned vegetables like bell peppers, mushrooms, cherry tomatoes, beans, squash, etc., cut into large pieces



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Directions:

Mix all ingredients together in a large bowl, except veggies, chicken or shrimp, to make marinade. Toss veggies, chicken or shrimp in marinade and cover with plastic wrap or seal with marinade in a large zip-top bag; refrigerate until ready to cook.

Grill 2 minutes per side on a skewer or in a grill pan, or roast by placing the shrimp or chicken on an oiled baking sheet and drizzle with marinade. Spread out in a single layer to roast for 5 to 6 minutes, until the shrimp are pink or the chicken is white and cooked through; be careful not to overcook though, or the shrimp will become tough.

Serve with gluten-free flour tortillas.

Serves: 4