



## Saucy BBQ Seafood Skewers with Not-So-Secret BBQ Sauce



1/4th of recipe (1 skewer): 138 calories, 3g total fat (0.5g sat fat), 509mg sodium, 10g carbs, 1.5g fiber, 6.5g sugars, 17.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 10 minutes    **Cook:** 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks, 30 Minutes or Less](#)

### Ingredients

1/4 cup canned tomato sauce  
2 tbsp. ketchup  
2 tsp. brown sugar (not packed)  
2 tsp. apple cider vinegar  
1/2 tsp. garlic powder  
6 oz. (about 5) large raw sea scallops  
4 oz. raw skinless salmon  
4 oz. (about 8) large raw shrimp, tails removed, deveined, peeled  
1/8 tsp. salt and black pepper  
10 cherry tomatoes  
1 medium zucchini, cut into cherry-tomato-sized pieces

### Directions

In a small bowl, combine tomato sauce, ketchup, brown sugar, vinegar, and garlic powder. Mix well.

Cut scallops and salmon into pieces similar in size to the shrimp. Sprinkle seafood with salt and pepper.

Alternately thread seafood and veggies onto 4 skewers.

Bring a grill or grill pan sprayed with nonstick spray to medium heat. Cover and cook skewers for about 5 minutes per side, until seafood is cooked through and veggies have softened.

Drizzle or brush with sauce, or serve sauce on the side.

MAKES 4 SERVINGS

**HG Tip:** Before assembling, soak wooden skewers in water for 30 minutes to prevent burning.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.