



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

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

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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.

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