

Smoky Chipotle Grilled Shrimp with Herb Marinade

Succulent grilled shrimp glazed with a smoky chipotle marinade—high in protein, virtually zero carbs, and ready in under 20 minutes for stable blood sugar.

Prep: 10 min

Cook: 8 min

Total: 18 min

Servings: 4

GL 0.6 / GI 33

Ingredients

approximately 16-20 count per pound uncooked shrimp, peeled and deveined

no added sugar variety preferred tomato paste

for thinning marinade water

heart-healthy monounsaturated fat extra-virgin olive oil

fresh or jarred minced garlic

adds smoky heat without sugar chipotle chili powder

dried oregano can substitute, use half the amount fresh oregano, chopped

Instructions

Step 1

Rinse the shrimp thoroughly under cold running water, then pat completely dry using paper towels. Place the dried shrimp on a clean plate and set aside while you prepare the marinade.

Step 2

In a small mixing bowl, combine the tomato paste, water, and extra-virgin olive oil. Whisk together until the mixture is smooth and well blended, creating a thick but spreadable consistency.

Step 3

Add the minced garlic, chipotle chili powder, and chopped fresh oregano to the tomato mixture. Stir thoroughly until all the spices are evenly distributed throughout the marinade.

Step 4

Using a pastry brush or the back of a spoon, generously coat both sides of each shrimp with the thick marinade. Cover and refrigerate for at least 10 minutes to allow the flavors to penetrate the shrimp.

Step 5

Preheat your grill to medium-high heat (about 400°F). If using a charcoal grill, wait until the coals are glowing with white ash. Lightly oil the grill grates or a grill basket to prevent sticking.

Step 6

Thread the marinated shrimp onto metal skewers or place them in a grill basket. Position the shrimp on the grill rack about 4 to 6 inches from the heat source.

Step 7

Grill the shrimp for 3 to 4 minutes on the first side until they begin to turn pink and develop light char marks. Flip carefully and cook for another 3 to 4 minutes until the shrimp are opaque throughout and slightly charred. Remove from heat immediately to prevent overcooking, transfer to a serving platter, and serve hot with your choice of low-glycemic vegetables.