

# Grilled Shrimp Kabobs with Fresh Tzatziki Sauce

Yield: 7 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-shrimp-and-rice-recipe>

## Ingredients:

- 32 ounces shrimp frozen raw, peeled
- 1 red bell pepper – sliced into wedges
- 1 green bell pepper, sliced into wedges
- 1 sweet onion large, – sliced into thick slices
- 16 ounces grape tomatoes
- 3 cloves garlic chopped
- water Kabob sticks - soaked in, for 30 minutes or so before using
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 lemon juice of
- 1 cucumber – seeded
- 3 garlic cloves
- 16 ounces plain greek yogurt or sour cream
- 2 tablespoons fresh dill
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 anchovy
- 2 cups rice
- 1 pinch turmeric
- salad greens Your choice of
- 1 red onion – sliced thin
- 1 cucumber – sliced
- grape tomatoes
- anchovies
- croutons

- olive oil Drizzle of
- fresh lemon juice Squeeze of
- salt to taste
- pepper taste
- 1 honeydew melon or any melon of your choice
- 1/2 pound ham – sliced thin
- 16 ounces feta cheese block, – sliced

## **Nutrition:**

1. Calories: 760 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 280 milligrams
4. Fat: 36 grams
5. Fiber: 7 grams
6. Protein: 49 grams
7. SaturatedFat: 14 grams
8. Sodium: 1910 milligrams
9. Sugar: 29 grams

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