

Grilled Lemon-Dill Shrimp over Farro

Nutritional Highlights

- Shrimp are a great source of Selenium, Vitamin B12, Phosphorous, Choline, Copper, and Iodine
- Lemon juice adds Vitamin C, Folate, and Potassium to this fresh dish

Servings: 4

Ingredients

- 16 jumbo shrimp (about 1 lb), peeled and deveined
- 1 c farro
- low sodium vegetable or chicken stock
- 1/2 c feta cheese, crumbled
- 3/4 c diced red bell pepper
- 1/3 c pitte kalamata olives, halved
- 2 Tbsp thinly sliced green onion
- 1 1/2 Tbsp finely chopped oregano

Dressing

- 1 tsp grated lemon zest
- 1/4 c fresh lemon juice
- 1/2 c olive oil
- 1 Tbsp finely chopped dill
- 1 tsp minced garlic
- kosher salt and pepper to taste

Directions

- Whisk together dressing ingredients in a small bowl.
- Add shrimp to a medium bowl and pour 1/4 c of the dressing over the shrimp; toss to coat thoroughly.
- Cover with plastic wrap and place in refrigerator to marinate for 30 minutes. Discard marinade once finished.
- Cook farro according to package directions.
- Place farro in a bowl and add the remaining dressing and feta; toss well.
- Add bell pepper, olives, green onion, and oregano. Toss well to combine.
- If using bamboo skewers, soak for 30 minutes, then thread 4 shrimp per skewer.
- Place shrimp on grill directly over high heat and grill, turning once, until just opaque inside with lightly browned edges, about 4-5 minutes total.
- Add shrimp to farro and toss.