# Main Course

# Italian Flavored Grilled Shrimp

\* Gluten-Free

These are great when done on the grill but also taste good when cooked in a skillet. Serve the shrimp along-side some risotto or pasta and a salad for a perfect meal.

## You'll Need

- 2 teaspoons Italian seasonings
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 1/3 teaspoon salt
- 3 teaspoons olive oil
- 1 pound shrimp

### Directions

- Preheat grill over medium heat.
- In a small bowl, combine all the spices and salt.
- Place shrimp in a Ziploc bag or a container that can seal; add olive oil. Make sure all of the shrimp is lightly coated with the olive oil. Add the seasoning rub to the Ziploc bag or container and make sure all of the shrimp is coated.
- Skew the shrimp on metal or wooden skewers (if using wooden, make sure they were soaked in water for 30 minutes).
- Place shrimp on grill, cook for 2 minutes per side. Cook until shrimp turns pink.

### Play With Your Food

Add a tiny bit of onion powder

