



## **Honey Garlic Shrimp, Chicken, or Veggie Skewers**

### **Ingredients:**

- 1 lb large shrimp, peeled and deveined, OR
- Chicken breast, OR
- Mixed veggies (such as onion, peppers, squashes)
- 1/3 cup honey
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon red pepper flakes
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 tablespoon chopped cilantro (plus more for garnish)

### **Instructions:**

1. Soak wooden skewers in water for at least 20 minutes; overnight is recommended.
2. In a medium-sized bowl, combine honey, minced garlic, salt, smoked paprika, red pepper flakes, olive oil, chopped cilantro, and water. Whisk until the mixture becomes a sauce.
3. Add your choice of shrimp, chicken, or veggies to the bowl and toss to coat thoroughly.
4. Marinate for 10 minutes.
5. Thread the marinated shrimp, chicken, or veggies onto the prepared skewers.
6. Preheat grill to medium-high heat. Lightly oil the grill grate with cooking spray or an oil-soaked towel.
7. Place skewers on the grill. Cook for 3-4 minutes on each side for shrimp, and 5-7 minutes on each side for chicken or veggies, until properly cooked.
8. Remove from grill and garnish with additional chopped cilantro.
9. Serve immediately.

Enjoy your delicious and versatile skewers, perfect for any barbecue or family gathering!