

## Seafood Kabobs

These colorful Seafood Kabobs are fun to make, delicious and best of all no-grill needed! They cook super-fast in the oven broiler! The marinade adds a flavorful herby kick to the tenderly cooked seafood and veggies. This recipe serves 4 (2 skewers per person). You can adjust the amounts of veggies and seafood to your likings and if you are short on time you can substitute the marinade with a ready-made pesto.

### Ingredients

10 ounce Halibut or Chilean Sea Bass Fillet cut into 16 1-inch cubes  
10 ounce Salmon or Steelhead Trout Fillet cut into 16 1-inch cubes  
8 uncooked medium sized Shrimp, peeled, deveined, tails removed (about ½ pound)  
16 Grape Tomatoes, rinsed  
1 large Yellow Bell Pepper, seeded and cut into 1 inch squares  
1 large Red Bell Pepper, seeded and cut into 1 inch squares  
¼ Red Onion, cut into 1 inch squares  
Freshly ground sea salt and black pepper  
Lemon Wedges

### Spicy Herb Marinade

3 large Garlic Cloves  
3 medium Serrano Chile Peppers, seeded and roughly chopped  
1 ½ cups fresh Basil Leaves  
1 cup fresh Mint Leaves  
½ cup fresh Italian Parsley Leaves  
¾ cup Extra Virgin Olive Oil  
4 tablespoon fresh Lemon Juice (1-2 lemons)  
½ teaspoon Salt  
½ teaspoon Black Pepper

8 10-inch Bamboo Skewers, soaked in water for at least 30 minutes

### Preparation

**Prepare Spicy Herb Marinade:** In a food processor, pulse garlic, add serrano chile peppers and pulse, add basil, mint and parsley leaves and pulse until finely minced. Slowly pour olive oil from the top while processor is on. Add lemon juice, salt and pepper, scrape down sides and blend until mixture is combined. Marinade yields to about 1 cup. Reserve 1/3 cup for basting.

### Prepare Seafood Kabobs:

Place rack in upper thirds of oven and set to broil.

Place fish fillet pieces in a large mixing bowl with prepared shrimp. Lightly toss with freshly ground sea salt and black pepper. Add bell peppers, onions, and tomatoes. Pour marinade over mixture and gently toss until marinade is combined.

Spray large non-stick baking pan with non-stick cooking spray. Alternately thread seafood, bell peppers, onions and tomatoes on skewers leaving about 1 ½ inches per side starting and ending with grape tomatoes, using 2 cubes of halibut (sea bass), 2 cubes of salmon (trout) and 1 shrimp per skewer. Line kabobs side by side on prepared baking pan. Broil for 10 minutes, turning once halfway thru. Remove from oven and brush reserved marinade on all sides. Sprinkle with lemon wedges. Serve with Yellow Basmati Rice.

Serves 4