

True Oldies



Exclusive Radio Recipes

By Laura Kurella

Sweet 'n' Sticky BBQ Shrimp

1 pound large raw shrimp, peeled, tails on
6 wooden skewers, soaked in water for 30 minutes
1 tablespoon arrowroot powder (or cornstarch)
2 tablespoons cold water
1/2 cup favorite barbecue sauce
Olive oil or Canola cooking spray



Preheat an outdoor grill for medium-high heat. Meanwhile, rinse shrimp clean then thread onto soaked skewers. In a small saucepan, combine arrowroot powder (or cornstarch) with cold water and stir until completely dissolved. Add barbecue sauce and whisk until completely blended. Place over medium high heat and bring to a boil. Simmer sauce for 3 minutes then remove from heat. Spray both sides of shrimp with a generous coating of cooking spray then place on hot grill. Grill shrimp for 1 minute then turn. Generously baste grilled side of shrimp with barbecue sauce. Continue this routine - turning and basting just grilled side - until shrimp becomes opaque - about 3 to 5 minutes per side, depending on grill.

Approximate servings per recipe: 6. Per Serving: Calories 211; Fat 3g; Sodium 525mg; Potassium 308mg; Carbohydrates 5g; Fiber 0.6g; Sugars 14g; Protein 30g.

Asian-spiced Beef Delights

1 pound flank or skirt steak
1/2 cup hoisin sauce
12 skewers
1 tablespoon toasted sesame seeds (optional)
2 chopped green onions or chives (optional)

Thinly slice beef, across the grain and at an angle, in 1-inch wide pieces. Thread meat onto skewers, baste with hoisin sauce and then place into a reseal able plastic bag. Add remaining hoisin sauce to bag, squeeze out excess air then seal the bag. Place in the refrigerator for 2 to 12 hours or freeze for future use.

When ready to cook, preheat an outdoor grill to medium-high heat. Lightly oil grate then evenly space skewers on grill. Cook only until desired degree of doneness- about 1 to 2 minutes per side for medium-well. Garnish with toasted sesame seeds and chopped green onions, if desired.

Approximate servings per recipe: 10. Per serving: Calories 124; Fat 3g; Sodium 243mg; Potassium 172mg; Carbohydrates 3g; Fiber 0.6g; Sugars 3g; Protein 12g.