

Diabetes-Friendly. Fishermen Kabobs - Spiedini di pesce

Amy Riolo (July 11, 2017)



While this recipe could easily be prepared in any Italian coastal town, it is the Italian Riviera that comes to mind whenever I prepare it. Breathtaking Ligurian towns like Portofino, Santa Margherita, Rapallo, and Genoa have magical landscapes that are almost as sumptuous as the local cuisine. The region of Liguria is noted for a very fragrant variety of basil (Genoa, after all, is the birthplace of



pesto), as well as wonderful produce and seafood.

Use whatever fresh fish, seafood, and herbs you have on hand in this recipe to come up with your own favorite combination. It's worth the effort to purchase "dry" scallops for this recipe—they are free of water-retaining additives—in order to ensure you're getting the real thing. Despite claims of being "natural, fresh, wild," etc., many scallops available on the market contain up to 80% water. Keep in mind that you will need four skewers for this dish. If you are using wooden skewers, you will need to soak them in water for a minimum of 20 minutes first. For additional flavor, use rosemary stems as skewers.

Fishermen Kabobs (Spiedini alla Marinara)

Serves: 4

Serving Size: 1 skewer

Prep Time: 5 minutes

Cooking Time: 10 minutes

1 1/4 pounds skinless swordfish, cut into 1-inch cubes

24 grape tomatoes

1 cup lightly packed fresh basil

1/2 tablespoon extra virgin olive oil

1 clove garlic

1/4 teaspoon unrefined sea salt

1/4 teaspoon freshly ground black pepper

Crushed red chile flakes, to taste

1. Heat grill to high. Thread fish onto 4 skewers, alternating with tomatoes.
2. Place basil, oil, and garlic in a blender, and purée until smooth. Season with salt, pepper, and crushed red chile flakes. Reserve half the oil mixture in a separate container.
3. Brush kabobs with half of basil oil. Grill until fish is opaque, 6–10 minutes, turning occasionally.
4. With a clean brush, coat cooked kabobs with reserved basil oil. Serve immediately.

Italian Living Tradition

Even though the term marinara is often used to describe tomato sauce in the U.S., it actually means "in the way of the seafarer" in Italian—it's derived from the Italian word mare, which means "sea." Italians love to grill fish, and it's one of the healthiest and easiest ways to enjoy it.

Wine

[Greco di Tufo](#) [2]

Choices/Exchanges 1 Vegetable, 4 Lean Protein, 1/2 Fat

Calories 240 | Calories from Fat 100

Total Fat 11g | Saturated Fat 2.5g | Trans Fat 0.0g



Cholesterol 95mg

Sodium 220mg

Potassium 860mg

Total Carbohydrate 5g | Dietary Fiber 1g | Sugars 3g

Protein 29g

Phosphorus 390mg

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[4] <http://www.amyriolo.com>