

Broiled Shrimp over Chayote and Bulgar Wheat
(serves 4)

16 large shrimp
2 T freshly chopped garlic
1 T chopped cilantro
2 T chopped mint
1 T chopped basil
1 T chopped thyme
1 tsp. chopped shallot
1 1/2 T olive oil
2 chayote squash (julienne on mandolin or grater)
1/2 cucumber (julienne on mandolin or grater)
Zest of 1 lemon, lime, and orange
Sections from 1 orange, 1/2 lemon, 1/2 lime
1 cup bulgar wheat
1 T olive oil
1 T freshly chopped basil
1 T freshly chopped mint
S and P to taste

1. Peel and devein shrimp. Marinate in 1 T of cilantro, mint, thyme, and the shallots and 1 tsp. olive oil.
2. Marinate the chayote and cucumber with the lemon, lime and orange zest and sections, remaining herbs and olive oil and set aside.
3. Season the shrimp with salt, pepper and garlic and broil until firm and bright pink in color. Squeeze fresh lemon juice over the top of the shrimp after removing from oven.
4. Toss the bulgar with the marinated chayote and let sit for 5-7 minutes. TASTE.
5. Serve the shrimp on top of the marinated chayote slaw.