Grilled Teriyaki Shrimp Kabobs

Servings: 2
From
http://www.myrecipes.com/recipe/grilled-teriyaki-shrimp-kebabs-10000001611712/

Ingredients
Sauce:
1/4 cup low-sodium teriyaki sauce
1 tablespoon sesame seeds, toasted
Kebabs:
½ lb shrimp, peeled and deveined
Fresh pineapple, cut into 1-inch cubes
½ red onion, cut into 2 inch pieces
Cooking spray

Preparation
1) Prepare grill.
2) To prepare sauce, combine teriyaki sauce and sesame seeds in a small bowl.
3) To prepare kebabs, thread 4 shrimp, 4 pineapple chunks, and 3 onion pieces alternately onto each skewer. Brush kebabs with teriyaki mixture. Place kebabs on grill rack coated with cooking spray; grill 8 minutes or until shrimp are done, turning once.

Sesame Brown Rice & Sugar Snap Peas

Servings: 2
From http://www.myrecipes.com/recipe/brown-rice-sesame-50400000120257/

Ingredients
1/2 cup uncooked instant brown rice
1 tablespoon lime juice
1 tablespoon toasted sesame seeds
1 bag frozen sugar snap peas

Preparation
1) Cook rice according to package directions, omitting fat. Stir in juice and sprinkle with seeds.
2) Cook sugar snap peas according to package directions.