



## Saucy BBQ Seafood Skewers with Not-So-Secret BBQ Sauce



1/4th of recipe (1 skewer): 138 calories, 3g total fat (0.5g sat. fat), 509mg sodium, 10g carbs, 1.5g fiber, 6.5g sugars, 17.5g protein

**Prep:** 10 minutes    **Cook:** 10 minutes

More: [Recipes for Sides, Starters & Snacks, 30 Minutes or Less](#)

### Ingredients

1/4 cup canned tomato sauce  
2 tbsp. ketchup  
2 tsp. brown sugar (not packed)  
2 tsp. apple cider vinegar  
1/2 tsp. garlic powder  
6 oz. (about 5) large raw sea scallops  
4 oz. raw skinless salmon  
4 oz. (about 8) large raw shrimp, tails removed, deveined, peeled  
1/8 tsp. salt and black pepper  
10 cherry tomatoes  
1 medium zucchini, cut into cherry-tomato-sized pieces

### Directions

In a small bowl, combine tomato sauce, ketchup, brown sugar, vinegar, and garlic powder. Mix well.

Cut scallops and salmon into pieces similar in size to the shrimp. Sprinkle seafood with salt and pepper.

Alternately thread seafood and veggies onto 4 skewers.

Bring a grill or grill pan sprayed with nonstick spray to medium heat. Cover and cook skewers for about 5 minutes per side, until seafood is cooked through and veggies have softened.

Drizzle or brush with sauce, or serve sauce on the side.

**MAKES 4 SERVINGS**

**HG Tip:** Before assembling, soak wooden skewers in water for 30 minutes to prevent burning.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.  
\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.