



SHRIMP WITH PINEAPPLE SALSA

Advanced Lifestyle

Ingredients

Salsa:

3/4 cup finely chopped pineapple
1/4 cup finely chopped red onion
1 TBS minced seeded jalapeño pepper
1 TBS chopped fresh cilantro
1 TBS cider vinegar
1 TSP honey

Sauce:

2 TBS chopped fresh mint
2 TBS fresh lime juice
1/4 TSP salt
1/4 TSP chili powder
24 large shrimp, peeled and de-veined (apx. 1-1/2 lbs.)
Cooking spray
4 cilantro sprigs (optional)

Instructions

1. Prepare grill.
2. To prepare salsa, combine first 6 ingredients in a medium bowl.
3. To prepare sauce, combine mint, juice, salt and chili powder in a large bowl. Add shrimp, tossing gently to coat. Thread 3 shrimps into each of 8 (6-inch) skewers. Place shrimp on grill rack coated with cooking spray. Grill 1-1/2 minutes on each side or until shrimp turns pink.
4. Serve with salsa and garnish with cilantro sprigs, if desired.

Portion-Per-Serving Information: (Yields 4 servings):

Serving = 2 skewers + 1/4 cup salsa = 1 P