

Grilled Shrimp with Mango Salsa Recipe

Heart Healthy Recipe Diabetes Recipe Gluten Free Recipe

Here's a healthy recipe for a delicious grilled shrimp meal. Refreshing mango salsa makes a healthy dip for this easy seafood recipe.

Ingredients

- 4 garlic cloves, minced
- 1 Tbsp paprika
- 1 1/2 tsp brown sugar
- 1/2 tsp cumin
- 1 tsp chili powder
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1/4 cup beer or 1/4 cup white wine
- 1 lb jumbo unpeeled shrimp
- 2 Tbsp finely chopped fresh cilantro, for garnish
- 1 lime, cut in pieces, for garnish

Mango Jalapeño Sauce:

- 1 1/2 cups fresh or frozen mango, cubed (defrost if using frozen)
- 1/4 cup water
- 1 tsp canola oil
- 1 small red onion, finely chopped
- 1 Tbsp chopped jalapeño pepper
- 1/4 cup low fat yogurt

Preparation

- **Make shrimp marinade:** In a blender or food processor, combine garlic, paprika, brown sugar, cumin, chili powder, salt, pepper and beer and puree to a smooth paste. In a large bowl, combine shrimp and marinade and toss to coat. Cover with plastic wrap and refrigerate for 15 minutes.
- **Make mango jalapeno sauce:** In a blender, puree mango and water and set aside. In a saucepan, heat oil over medium-high heat until hot. Add red onion and jalapeno and saute until onion is translucent, about 3 minutes. Add mango puree; bring to a boil, stirring occasionally. Reduce heat and simmer for 1 minute. Remove saucepan from heat. Stir in yogurt.



Nutrition Facts

Serving Size: 4 to 5 shrimp,
1/2 cup sauce

Calories: 194

Fat: 4g

Saturated Fat: 1g

Cholesterol: 174mg

Sodium: 332mg

Carbohydrates: 15g

Fiber: 1g

Protein: 24g

* Nutritional information is based on ingredients listed and serving size; any additions or substitutions to ingredients may alter the recipe's nutritional content

- Lightly coat a grill rack or grill pan with nonstick cooking spray. Set heat to medium-high. Cook shrimp about 2 minutes on each side. Remove shrimp and sprinkle with cilantro and a splash of fresh-squeezed lime juice. Serve shrimp with sauce.

Yield: 4 servings