

MAKE A GREAT PLATE.

Enjoy the tropical flavors of pineapple salsa with every bite.

Shrimp and Pineapple Salad

INGREDIENTS

1½ lbs **shrimp**, peeled and deveined

1 **pineapple**, cut into chunks

2 tbsp **extra-virgin olive oil**, divided

6 cups **mixed salad greens**

1 **avocado**, cut into 1-inch chunks

2 **limes**, cut into wedges

¼ tsp **coarse salt**



DIRECTIONS

Heat barbeque or grill pan to medium. **In** large bowl, toss shrimp and pineapple with 1 tbsp olive oil. **Thread** shrimp and pineapple chunks onto kebab skewers. **Grill** about three minutes per side, until shrimp are pink and opaque.

Arrange salad greens on four plates. **Top** with avocado; then add 2-3 shrimp skewers to each plate. **Squeeze** lime juice over salad, drizzle with remaining olive oil and sprinkle with salt. **Serve** with lime wedges.

Makes 4 servings. Each: 365 calories • 37g protein • 17g total fat • 17g carb • 7g sugar • 5g fiber • 420mg sodium