

# Shrimp and Pineapple Sauté



*Hands-On Prep* 15 MIN

*Cook* 10 MIN

*Serves* 4



1 Sprinkle the shrimp with  $\frac{1}{4}$  teaspoon of the salt and  $\frac{1}{8}$  teaspoon of the ground pepper. Heat 1 teaspoon of the oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook just until opaque in the center, about  $1\frac{1}{2}$  minutes on each side. Transfer to a plate; set aside.

2 Heat the remaining 2 teaspoons of oil in the skillet over medium-high heat. Add the garlic and ginger; cook, stirring constantly, just until fragrant, about 30 seconds. Add the pineapple and cook, stirring occasionally, until softened, about 2 minutes. Add the bell pepper and cook until it is crisp-tender and the pineapple is lightly browned, 3–4 minutes. Add the shrimp, scallions, lime juice, and the remaining  $\frac{1}{4}$  teaspoon of salt and  $\frac{1}{8}$  teaspoon of ground pepper. Cook, stirring occasionally, until heated through, about 2 minutes. Serve at once.

1 pound peeled and deveined large shrimp  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
1 tablespoon canola oil  
3 garlic cloves, minced  
1 tablespoon grated peeled fresh ginger  
2 cups cut-up peeled and cored fresh pineapple  
1 large red bell pepper, seeded and sliced  
3 scallions, cut into 1-inch pieces  
2 teaspoons fresh lime juice

**PER SERVING** (about 1 cup): 174 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 168 mg Chol, 488 mg Sod, 14 g Carb, 2 g Fib, 19 g Prot, 55 mg Calc.

**POINTS** value: 3.

*Good Idea* Serve this speedy skillet dish with a side of quick-cooking brown rice;  $\frac{1}{2}$  cup cooked rice with each serving will increase the **POINTS** value by 2.