



Grilled Hawaiian Shrimp Bowl

Prep: 25 minutes plus marinating

Grill: 5 minutes • Serves 4

Honey-Lime Sauce

- 3 garlic cloves, crushed with press
- 3 tablespoons fresh lime juice
- 2 tablespoons honey
- 2 tablespoons less-sodium soy sauce
- 1½ tablespoons grated, peeled fresh ginger
- 2 tablespoons canola oil
- 1¼ pounds raw 16-20 count tail-on peeled and deveined shrimp, thawed if necessary
- 4 (8-inch) wooden skewers
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Bowl Fillings

- 1 cup uncooked brown rice
- 1 medium jicama, peeled, sliced ¼-inch thick
- 1 ripe mango, peeled, pitted and sliced ¼-inch thick
- 1 red bell pepper, cut lengthwise in half, seeds removed
- 2 pineapple rings
- 2 green onions
- 2 tablespoons canola oil

1. Prepare Honey-Lime Sauce: In small bowl, whisk together garlic, lime juice, honey, soy sauce and ginger; whisking constantly, drizzle in oil until emulsified.

2. Prepare outdoor grill for direct grilling over medium heat. Place shrimp in large zip-top plastic bag; pour half the sauce over shrimp. Seal bag, pressing out excess air; let stand 20 minutes. Soak skewers in water 20 minutes.

3. Prepare Bowl Fillings: Prepare rice as label directs. Coat jicama, mango, bell pepper, pineapple and onions with oil. Remove shrimp from sauce; discard sauce. Thread shrimp onto skewers; sprinkle with salt and pepper.

4. Place shrimp skewers, vegetables and fruit onto hot grill rack; cover and cook 5 minutes or until shrimp turn opaque throughout and grill marks appear on vegetables and fruit, turning once.

5. Cut bell pepper, jicama and mango into ¼-inch-thick slices; dice pineapple and cut onions into 1-inch pieces. Evenly divide rice into 4 bowls. Evenly top rice with shrimp, fruits and vegetables; drizzle with remaining sauce.

Approximate nutritional values per serving:

559 Calories, 15g Fat (1g Saturated), 169mg Cholesterol, 515mg Sodium, 81g Carbohydrates, 10g Fiber, 28g Protein