



Bacon-Mango Shrimp Skewers



1/4th of recipe (1 skewer with sauce): 207 calories, 8g total fat (2.5g sat. fat), 690mg sodium, 9g carbs, 0.5g fiber, 7.5g sugars, 23.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

12 slices center-cut or turkey bacon, halved widthwise
3/4 cup cubed mango (fresh or thawed from frozen)
2 tbsp. balsamic vinegar
1 tbsp. brown sugar (not packed)
24 raw large shrimp (about 12 oz.), peeled, tails removed, deveined

Directions

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need four.)

Cook bacon in a skillet or microwave until cooked but not crisp, about half the time stated on the package. Transfer to a layer of paper towels.

In a food processor or small blender, combine mango, vinegar, and brown sugar. Pulse until smooth and uniform. Reserve half of this mixture for dipping.

Wrap a half a slice of bacon around each shrimp, and evenly thread onto 4 skewers, skewering the bacon so it stays wrapped.

Bring a grill sprayed with nonstick spray to medium-high heat. Place kebabs on the grill, and brush with *half* the unreserved mango-balsamic mixture. Grill for 5 minutes with the grill cover down.

Flip kebabs and brush with remaining unreserved mango-balsamic mixture. With the grill cover down, grill for 5 more minutes, or until shrimp is cooked through and bacon is crispy.

Serve with reserved mango-balsamic mixture for dipping.

MAKES 4 SERVINGS

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