
Shrimp and Black Bean Stir-Fry

The Essential Southern Living Cookbook

Servings: 4

Start to Finish Time: 30 minutes

1/2 medium red onion, sliced
1 medium red bell pepper, sliced
3 tablespoons olive oil, divided
1 cup fresh corn kernels (about two ears)
1 pound large peeled, deveined raw shrimp
3 cloves garlic, sliced
1 cup fresh mango or pineapple, chopped
1 can (15 ounce) black beans, drained and rinsed
1/2 cup teriyaki baste and glaze sauce
1/4 cup pineapple juice
hot cooked rice
fresh cilantro leaves (for garnish)

In a large, cast-iron skillet over medium-high heat, stir-fry the onion and bell pepper in one tablespoon of hot oil for 2 to 3 minutes or until lightly browned. Transfer the onion mixture to a plate using a slotted spoon. Keep warm.

Add the corn and one tablespoon of oil to the skillet. Stir-fry for 2 to 3 minutes. Using a slotted spoon, transfer the corn to the plate with the onion mixture.

Pat the shrimp dry. Add the shrimp, garlic and the remaining one tablespoon of oil to the skillet. Stir-fry for 2 to 3 minutes or just until the shrimp begins to turn pink.

Add the mango and black beans. Stir-fry for 2 to 3 minutes or until thoroughly heated. Add the teriyaki sauce and pineapple juice. Cook for 1 to 2 minutes or until bubbling. Stir in the corn and onion mixture.

Serve over hot cooked rice and sprinkle with cilantro.

Seafood

Per Serving (excluding unknown items): 283 Calories; 11g Fat (33.9% calories from fat); 11g Protein; 37g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.