



## 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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