



HEALTHY IN A HURRY

# Shrimp & Mango Skewers

**Taste the Tropics** It's all in the vitamin C-rich mangoes, mint-and-lime marinade, and grilled low-fat shrimp (just 80 calories per 4-ounce serving). Plus, couscous delivers plenty of fill-you-up fiber

**Total time** 25 minutes

**Makes** 4 main-dish servings

- 1 lime
- 1 c. plain low-fat yogurt
- ½ c. packed fresh mint leaves, finely chopped
- ½ tsp. curry powder
- 1 c. whole wheat couscous
- 5 oz. baby spinach
- 1 lb. shelled and deveined shrimp (26 to 30 ct.)
- 2 ripe mangoes, peeled, cut into 1-in. chunks

**1.** If using bamboo skewers, soak skewers in cold water at least 30 minutes to prevent burning. Prepare outdoor grill for direct grilling on medium-high.

**2.** From lime, grate 1 teaspoon peel and squeeze 2 teaspoons juice into medium bowl; stir in yogurt, half of chopped mint, curry powder, and ¼ teaspoon each salt and freshly ground black pepper.

**3.** In 4-quart saucepan, heat ¼ cups water to boiling on high. Stir in couscous. Cover and remove from heat. Let stand 5 minutes; fluff with fork. Lay spinach on top of couscous; cover and let stand another 5 minutes.

**4.** Meanwhile, thread shrimp and mango chunks alternately onto skewers. Place half of yogurt mixture in small bowl; set aside for serving. Brush remaining mixture all over shrimp and mango. Grill 5 to 7 minutes or just until shrimp turn opaque, turning over once.

**5.** Toss spinach and couscous until combined; transfer to large platter. Top with shrimp skewers. Drizzle reserved yogurt mixture over shrimp. Garnish with remaining mint.

**EACH SERVING** About 410 calories, 28 g protein, 73 g carbohydrate, 3 g total fat (1 g saturated), 11 g fiber, 147 mg cholesterol, 890 mg sodium.

30 minutes or less Low-calorie

To tell if a mango is ripe, squeeze gently—it should yield slightly

Space shrimp ¼ inch from fruit for even cooking

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