
Shrimp and Scallops Tropical Salad

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Servings: 2

Preparation Time: 35 minutes

Cook Time: 5 minutes

2 tablespoons mango, peeled and diced
1 tablespoon pineapple, diced
1 1/2 teaspoons mango chutney
1 1/2 teaspoons olive oil
1 teaspoon rice vinegar
3/4 teaspoon lime juice
dash salt
dash red pepper flakes, crushed
3 cups Bibb or Boston lettuce, torn
1 cup cucumber, peeled and chopped
1/2 medium ripe avocado, peeled and sliced
2 tablespoons coarsely chopped macadamia nuts, toasted
1 tablespoon red onion, finely chopped
1 tablespoon fresh cilantro, minced
2 tablespoons canola oil
1 1/2 teaspoons Caribbean jerk seasoning
6 uncooked large shrimp, peeled and deveined
6 sea scallops, halved

In a blender, place the mango, pineapple, mango chutney, olive oil, rice vinegar, lime juice, salt and red pepper flakes. Cover and process until blended. Set aside.

Divide the lettuce, cucumber, avocado, nuts, onion and cilantro between two serving plates.

In a bowl, combine the oil and jerk seasoning. Thread the seafood onto two metal or soaked wooden skewers. Brush with the oil mixture.

Grill the skewers, covered, over medium heat until the shrimp turn pink and the scallops are firm and opaque, 2 to 3 minutes on each side.

Place the skewers on the salads. Drizzle with the dressing.

Salads

Per Serving (excluding unknown items): 205 Calories; 17g Fat (74.7% calories from fat); 6g Protein; 8g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 51mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.