

Whole30 Coconut-Crusted Shrimp with Pineapple-Chili Sauce

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Servings: 6

*1 pound large shrimp,
peeled , deveined and tails
removed
1 cup unsweetened
shredded coconut
zest of one lime
juice of one lime
Kosher salt
freshly ground black pepper
2 large egg whites, beaten
1/4 cup fresh cilantro,
chopped
1/4 teaspoon red pepper
flakes
1 small clove garlic
1/2 small fresh pineapple,
peeled, cored and roughly
chopped*

Preheat the broiler. Line a baking sheet with a wire rack.

Thread three shrimp onto each of seven six-inch skewers. Set aside.

In a shallow bowl, combine the coconut, lime zest, one teaspoon of salt and a few grinds of black pepper. Brush the shrimp with the egg whites, then press into the coconut mixture until completely coated. Transfer to the prepared baking sheet.

Broil, flipping halfway through, until the coconut is crispy and golden brown and the shrimp are pink and no longer opaque in the middle, 3 to 4 minutes.

Meanwhile, in a blender, blend the lime juice, cilantro, red pepper flakes, garlic and pineapple. Blend until smooth and vibrant green.

Serve the Pineapple-Chili Sauce alongside the shrimp.

Per Serving (excluding unknown items): 106 Calories; 1g Fat (12.8% calories from fat); 17g Protein; 6g Carbohydrate; trace Dietary Fiber; 115mg Cholesterol; 131mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit.