
Lemon-Mango Shrimp and Vegetable Pasta

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Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 40 minutes

8 shrimp skewers

1 mango, divided

zest of two lemons

juice of two lemons

1 package (0.75 ounce) fresh basil

4 cloves garlic

1 teaspoon Kosher salt, divided

1/2 cup extra-virgin olive oil

14 ounces zucchini (or vegetable) spirals

1/2 cup julienne-cut sun-dried tomatoes

1/2 cup crumbled feta cheese

Set the shrimp skewers out to thaw, if needed. Slice large, wide sides off the mango, slightly off-center to avoid the pit. Score the mango flesh with a knife lengthwise, then crosswise to make cubes. Scoop the mango flesh out of the skins (about 1-1/2 cups). Discard the skins.

Zest the lemons (two teaspoons) and juice them (1/4 cup).

In the bowl of a blender or food processor, combine the lemon juice, lemon zest, 1/2 cup of mango, basil (leaves only), garlic and 1/2 teaspoon of salt. Process until smooth. Drizzle in the oil with the blender running on LOW speed.

Arrange the shrimp skewers in a shallow dish. Coat with 1/2 cup of the lemon-basil dressing. Let stand for 15 minutes to marinate.

Preheat a grill (or grill pan) on medium heat.

Place the shrimp skewers on the grill (discard the marinade). Cook for 2 to 3 minutes on each side until pink and opaque.

In a serving dish, toss the zucchini, sun-dried tomatoes, feta cheese, the remaining one cup of mango, 1/2 teaspoon of salt and the lemon-basil dressing (about one cup). Top with the shrimp.

Serve.

Seafood

Per Serving (excluding unknown items): 327 Calories; 31g Fat (83.6% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 681mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 6 Fat.