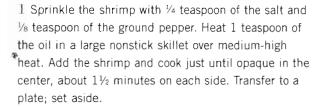
## Shrimp and Pineapple Sauté



Hands-On Prep 15 MIN Cook 10 MIN Serves 4



2 Heat the remaining 2 teaspoons of oil in the skillet over medium-high heat. Add the garlic and ginger; cook, stirring constantly, just until fragrant, about 30 seconds. Add the pineapple and cook, stirring occasionally, until softened, about 2 minutes. Add the bell pepper and cook until it is crisp-tender and the pineapple is lightly browned, 3-4 minutes. Add the shrimp, scallions, lime juice, and the remaining 1/4 teaspoon of salt and 1/8 teaspoon of ground pepper. Cook, stirring occasionally, until heated through, about 2 minutes. Serve at once.

PER SERVING (about 1 cup): 174 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 168 mg Chol, 488 mg Sod, 14 g Carb, 2 g Fib, 19 g Prot, 55 mg Calc. POINTS value: 3.

Good Idea Serve this speedy skillet dish with a side of quick-cooking brown rice; 1/2 cup cooked rice with each serving will increase the POINTS value by 2.

- 1 pound peeled and deveined large shrimp
- ½ teaspoon salt
- 1/4 teaspoon freshly ground pepper
  - 1 tablespoon canola oil
- 3 garlic cloves, minced
- 1 tablespoon grated peeled fresh ginger
- 2 cups cut-up peeled and cored fresh pineapple
- 1 large red bell pepper, seeded and sliced
- 3 scallions, cut into 1-inch pieces
- 2 teaspoons fresh lime juice