



Mobile Teaching Kitchen



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Cajun Shrimp

with Pineapple Black Bean Salsa



Cajun Shrimp *with Pineapple Black Bean Salsa*

Recipe created and crafted by Shayla Leftridge in WV Health Right's COMMUNITY Wellness Teaching Kitchen

Calories: 264

Fat: 7g

Carbs: 17g

Protein: 28g

RECIPE:

Coarsely chop the pineapple into small pieces, (similar in size to the black beans). Dice onion and chop cilantro. Place the chopped pineapple, rinsed black beans, diced red onion, and chopped cilantro in a large bowl. Squeeze the juice of half a lime (about 1 Tbsp) over the ingredients in the bowl. Also add $\frac{1}{4}$ salt (to taste) and a pinch of red pepper flakes (optional). Stir the ingredients together and set aside. Coat the shrimp in the seasoning mixture. Both seasonings have salt added so don't overdo it. If you want more heat with less salt, add cayenne or red pepper flakes. In an oiled pan sear the shrimp on medium heat until tightly curled and pink. Remove from heat and let rest. Serve over vegetables or rice and top with salsa.

SALSA INGREDIENTS:

- $\frac{1}{4}$ c. Pineapple tidbits
- $\frac{1}{3}$ c. Black beans (well rinsed)
- 1 T. red onion
- 2 t. Cilantro
- Dash Crushed red pepper (optional)
- Salt (to taste)

SHRIMP INGREDIENTS:

- 4–6 oz. large shrimp (peeled and deveined)
- $\frac{1}{4}$ t. Jerk or Cajun Seasoning
- Olive oil spray
- $\frac{1}{4}$ – $\frac{1}{2}$ c. Vegetables or Wild Rice (optional)