

SPICY SHRIMP WITH BLACK BEAN SALSA

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1 15-oz can black beans. rinsed/drained
1 yellow or green bell pepper, seeded/diced
1/2 red onion, chopped
1/4 stalk celery, chopped
1/4 C chopped cilantro
1 jalapeno pepper. seeded/de-veined/minced (wear gloves to prevent irritation)
2 TBS fresh lime juice
2 garlic cloves, crushed
4 tsp olive or vegetable oil
24 medium shrimp, peeled/de-veined
1 TBS dry sherry
1 1/2 tsp chili powder
1 garlic clove crushed
1/2 tsp ground cumin
1/4 tsp salt
2 tsp olive or vegetable oil

DIRECTIONS:

In medium non-reactive bowl, combine beans, bell pepper, onion, celery, cilantro, jalapeno, lime juice, half of the garlic & 2 tsp of the oil. Let stand, covered, till flavors are blended (1-2 hours).

To prepare shrimp: in another medium bowl, combine shrimp, sherry, chili powder, remaining garlic, cumin & salt - toss to coat.

In large non-stick skillet, heat remaining 2 tsp of oil - add shrimp & marinade - cook, stirring frequently till shrimp turn pink (about 4 minutes). Serve with salsa on the side.

Makes 4 servings

(per serving: 273 calories; 7g total fat; 1g saturated fat; 129mg cholesterol; 282mg sodium, 27g total carbohydrates; 3g dietary fiber; 26g protein, 89mg calcium - WW points per serving: 5)