

Calypso Shrimp

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“Calypso” is the best way to describe this dish: it’s like a tangy dance of island flavors, colors, and textures. Tropical mango and citrus make for a delicious summer salsa atop marinated shrimp. A delightful dish on a hot day. Makes 4 servings.

Ingredients:

Bean Salsa

- 1 15-ounce can black beans, rinsed and drained
- 1 medium mango, peeled and chopped (about 1 cup)
- 1 small red bell pepper, chopped (about 1/2 cup)
- 2 to 3 medium sliced green onions (about 1/4 cup)
- 2 tablespoons orange juice
- 1 tablespoon red wine vinegar
- 1/2 teaspoon grated orange peel

Shrimp

- 1 tablespoon orange juice
- 1 tablespoon vegetable oil
- 1/2 teaspoon grated orange peel
- 1 1/2 teaspoons of chopped fresh thyme OR 1/2 teaspoon dried thyme leaves
- 1 clove garlic, finely chopped
- 3/4 pound raw medium shrimp, peeled and deveined

Directions:

1. Prepare the bean salsa: combine all ingredients in large mixing bowl; toss to combine.
2. Prepare the shrimp: mix the remaining ingredients in a medium bowl.
3. Spray a 10-inch nonstick skillet with nonstick cooking spray; heat over medium-high. Add the shrimp mixture and cook, turning shrimp once, until pink.
4. Divide the salsa among 4 serving plates and arrange shrimp mixture atop.