

- » 1/2 cup pineapple juice
- » 1 tbsp brown sugar
- » 2 tbsp reduced-sodium soy sauce
- » 1 tbsp seasoned rice vinegar
- » 1 tbsp cornstarch
- » 2 minced garlic cloves
- » 1 tsp grated fresh ginger
- » 1 1/2 lb large raw shrimp, peeled and deveined
- » 1 medium green bell pepper, cut into large pieces
- » 1 medium red bell pepper, cut into large pieces
- » 1 medium onion, cut into large pieces

- » 1 cup long-grain white rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	425cal	Cholesterol	258mg
Protein	39g	Sodium	555mg
Carbohydrate	56g	Calories from Fat	7%
Fat	4g	Fiber	2g
Saturated Fat	1g		

In a saucepan over medium-high heat, combine pineapple juice, brown sugar, soy sauce, seasoned rice vinegar, cornstarch, minced garlic, and grated fresh ginger. Cook until mixture comes to a boil and thickens. Remove from heat and set aside. Thread shrimp onto 4 skewers alternating with onions and bell peppers. Place in a shallow dish and brush soy sauce mixture over kabobs. Grill or broil kabobs for 3 to 4 minutes on each side, brushing with remaining sauce. Serve with hot cooked rice. Serves 4.

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