

- » 2 tbsp pineapple juice
  - » 1 tsp brown sugar
  - » 1/2 tbsp reduced-sodium soy sauce
  - » 1 tsp seasoned rice vinegar
  - » 1 tsp cornstarch
  - » 1 minced garlic clove
  - » 1/2 tsp grated fresh ginger
  - » 6 oz large raw shrimp, peeled and deveined
  - » 1/4 medium green bell pepper
  - » 1/4 medium red bell pepper
  - » 1/4 medium onion, cut into large pieces
- » 1/4 cup long-grain white rice, cooked according to directions without salt or fat

## Nutritional Content

Per Serving

Calories	435cal	Cholesterol	258mg
Protein	39g	Sodium	583mg
Carbohydrate	59g	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 skewer alternating with onions and bell peppers. Place in a shallow dish and brush soy sauce mixture over kabob. Grill or broil kabob for 3 to 4 minutes on each side, brushing with remaining sauce. Serve with hot cooked rice. Serves 1.

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