

Shrimp, Mango & Couscous Skillet

START TO FINISH 35 minutes

- 1½ lb. fresh or frozen medium shrimp in shells
- 4 tsp. olive oil
- 1 cup Israeli (large pearl) couscous
- 1¼ cups water
- ¼ cup bottled mango-chipotle salad dressing
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 1½ cups chopped fresh or refrigerated mango
- ½ cup crumbled queso fresco (2 oz.)
- Snipped fresh Italian (flat-leaf) parsley

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp; pat dry. In a medium saucepan heat 2 teaspoons of the oil over medium-high heat. Add couscous; cook and stir for 3 to 4 minutes or until lightly browned. Add the water. Bring to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes or until couscous is tender. Remove from heat.

2. In an extra-large skillet heat the remaining 2 teaspoons oil over medium-high heat. Add shrimp; cook and stir about 3 minutes or until shrimp are opaque. Stir in cooked couscous, salad dressing, salt, and pepper. Cook and stir for 2 to 3 minutes more or until heated through. Stir in mango. Sprinkle with queso fresco and parsley. **Makes 5 servings.**

PER SERVING 348 cal., 11 g fat (3 g sat. fat), 198 mg chol., 529 mg sodium, 34 g carb., 2 g fiber, 29 g pro.

