

# Shrimp with Avocado-Mango Salsa



## Ingredients:

- Vegetable Cooking Spray
- 8 cups baby spinach
- 1 cup couscous
- 1 lb. medium shrimp, shelled and deveined
- 1/2 cup chopped, fresh cilantro
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt, divided
- 1 large mango, peeled
- 1 medium avocado, diced
- 1 medium tomato, diced
- 1/4 cup chopped red onion
- 1/2 jalapeño chile, seeded and finely chopped

## Directions:

1. Heat grill. Fold four 18-inch long pieces of foil in half, unfold and coat inside with cooking spray. Place 2 cups spinach evenly in center of one half of each piece of foil.
2. Combine couscous with 1/4 cup water; divide evenly among packets, placing on top of spinach. Combine shrimp, 1/4 cup cilantro, oil and 1/2 teaspoon salt in a bowl. Divide shrimp evenly among packets, placing next to couscous.
3. Fold foil to close and crimp edges to seal; place on grill; close lid; cook until packets are fully puffed, 10 minutes. Combine remaining 1/4 cup cilantro with remaining 1/4 teaspoon salt, mango, avocado, tomato, onion, jalapeno, and lime juice in a bowl. Carefully cut foil to open, stir contents, garnish with salsa before serving.

397 calories per serving, 10 g fat (1 g saturated), 52 g carbs, 8 g fiber, 25 g protein