

Pan Seared Shrimp and Fruit Crostini

Serving Size: 2 pieces

Serves: 12

Ingredients

1 – 26 inch French baguette cut on a bias into ¼ inch slices
2 tablespoons olive oil
½ onion, diced
½ pound shrimp, diced
1 clove garlic, minced
1 jalapeno pepper, cored, seeded and diced
1 small red apple, chopped
1 small green apple, chopped
½ cup pineapple, chopped
½ cup mango, chopped
Juice of 1 lemon, about 4 tablespoons
Pinch of salt
Pinch of black pepper
¼ cup chopped fresh parsley
¼ cup chopped fresh basil

Directions

Preheat the oven to 350.

Arrange the bread slices on a baking sheet and Bake at 350 degrees about 5 minutes.
Remove from the oven and set aside.

In a medium sauté pan, heat the oil. Add the onion and cook until soft. Add the shrimp and garlic and cook about 2 minutes. Add the jalapeno pepper, apples, pineapple, mango, lemon juice, salt, pepper and herbs and sauté for 1 – 2 minutes until the shrimp is pink. Remove from heat.

Arrange the bread slices on a serving dish and top with one tablespoon of the shrimp mixture. Serve hot.

Exchanges per serving:

1 Lean Meat, 2 Fruits

Nutrients per serving:

Calories: 158

Calories from fat: 24

Total Fat: 3g

Saturated Fat: 0g

Cholesterol: 28mg

Sodium: 193mg

Carbohydrate: 27g

Dietary Fiber: 1g

Protein: 8g