

SPICED MANGO SHRIMP

makes: 4 servings

INGREDIENTS

4 tsp canola oil	1 mango, cut into 1/2-inch pieces
1/2 cup chopped red onion	1/3 cup cider vinegar
2 cloves garlic, minced	2 tbsp fresh lime juice
1 tbsp fresh ginger, peeled and minced	1 tbsp brown sugar
3/4 tsp salt	1 lb large shrimp, peeled, tails on
1/4 tsp allspice	1/4 tsp red pepper flakes
1/4 tsp ground cumin	1/4 tsp garlic powder
1/8 tsp cinnamon	

Heat 2 tsp oil in a 3-quart saucepan over medium-high heat. Cook onion, garlic, ginger, 1/4 tsp salt, allspice, cumin and cinnamon about 3 minutes. Add mango, vinegar, lime juice and sugar and gently boil, stirring occasionally, until sauce is thick; refrigerate in a bowl.

Toss shrimp with red pepper, garlic powder and remaining 1/2 tsp salt. Heat remaining 2 tsp oil in a large nonstick skillet over medium-high heat. Cook shrimp until no longer translucent, about 2 minutes on each side. Let cool; serve with sauce.