

Shrimp, Black Bean, and Pineapple Foil Packets with Rice

Servings: 2

From

<http://www.carascravings.com/2011/08/shrimp-black-bean-and-pineapple-foil-packets.html>

Ingredients

1/2 lb raw, medium sized shrimp (peeled, deveined)
1 cup black beans
8 oz diced pineapple
1/3 cup finely chopped red onion
2 tablespoons minced jalapeno pepper
2 tablespoons lime juice, divided
1/2 teaspoon ground coriander
3/4 teaspoon ground cumin, divided
1/4 teaspoon chili powder
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons chopped cilantro
1/2 avocado, diced
1/2 cup uncooked rice

Preparation

- 1) Preheat grill to medium.
- 2) Rinse the shrimp and pat dry. Sprinkle with 1/4 teaspoon cumin, chili powder, salt and pepper. Toss to coat. Set aside.
- 3) In a medium bowl, combine the black beans, pineapple, red onion, and jalapeno. Stir in 1 tablespoon lime juice, coriander, and remaining 1/2 teaspoon cumin.
- 4) Spray two large pieces of aluminum foil with cooking spray. Spoon half of the black bean mixture into the center of each and top with half of the shrimp. Squeeze the remaining lime juice over the shrimp. Bring the edges of the foil together and fold down, sealing well.
- 5) Place the foil packets on the grill, cover, and cook for 10-12 minutes, until shrimp are opaque.
- 6) Meanwhile, cook rice according to package directions.
- 6) Carefully open the foil packets and stir the contents. Top with the diced avocado and sprinkle with cilantro. Serve contents over rice.