

## Shrimp, Mangoes, and Papayas on Skewers

### Ingredients\*

- 2 tablespoons sesame oil
- 1 tablespoon hoisin sauce
- 1 tablespoon oyster sauce
- 2 teaspoons honey
- ¼ cup minced scallions
- 1 tablespoon grated fresh ginger
- 1 teaspoon finely minced garlic
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- A few drops hot pepper sauce
- 2 pounds medium-size shrimp (about 36) peeled and de-veined
- 2 large mangoes
- 1 large papaya

### Why It's Good For You

Mango contains Vitamins A, C and E (antioxidants), Vitamin B6 (pyridoxine), Vitamin K, other B vitamins and essential nutrients such as potassium, copper and 17 amino acids are at reasonably high levels.

### What You Do

1. Mix together the marinade ingredients. Place the shrimp in a shallow dish or plastic container, and pour the marinade over them. Cover and marinate for 1 to 2 hours in the refrigerator.
2. Preheat the broiler.
3. Transfer the shrimp to a broiling pan and broil for 2 to 3 minutes on each side, until just cooked. Set aside to cool.
4. Thread 1 shrimp, 1 papaya slice and 1 mango slice onto each skewer, and continue threading, using 3 to 4 shrimp per skewer.
5. Serve with Mango Salsa as a dipping sauce.
6. ENJOY!

\*Makes 18 appetizers