

# Black Bean, Pineapple and Shrimp Salad

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- **Course:** Main Course, Salad
- **Features:** Healthy

## Summary:

Bean salads are perfect for summer. They can be served cold or at room temperature, and most can be prepared in advance. With the right combination of summer fruits, herbs and other vegetables, it's easy to create a substantial main course.

The inspiration for this recipe comes from a summer-menu offering at the Seasons 52 restaurant in Tysons Corner Center. The mix of poblano peppers, grilled pineapple and shrimp was so good, I found a way to turn it into a salad.

If you'd like to serve bread with the salad, grill some prepared nan, which is now available in many area grocery stores.

**MAKE AHEAD:** The salad is best served within 8 hours of assembling, but it can be refrigerated in an airtight container for up to 2 days. The hot sauce will mellow, so if you serve it the next day, taste it and adjust the seasoning as needed.

4 main-course servings or 6 to 8 side-dish servings

## Ingredients:

- Three 1/3-inch slices of fresh pineapple (about 5 ounces total of peeled whole pineapple)
- 7 ounces medium or large raw shrimp, peeled and deveined
- 3 tablespoons olive oil
- Salt
- Freshly ground black pepper
- 3 tablespoons apple cider vinegar
- 3 tablespoons chopped cilantro
- 1/2 teaspoon sugar, or more to taste
- A few drops of hot pepper sauce, such as Tabasco, or more to taste
- 3 cups cooked black beans (two 15.5-ounce cans, drained)
- 1 medium poblano pepper (about 5 ounces), roasted, skinned, seeded and cut into 1/3-inch dice (see NOTE)

## Directions:

Prepare the grill for direct heat. If using a gas grill, preheat to medium-high (450 degrees). If using a charcoal grill, light the charcoal or wood briquettes; when the briquettes are ready, distribute them evenly

under the cooking area. For a medium-hot fire, you should be able to hold your hand about 6 inches above the coals for about 4 to 5 seconds. Oil the grill rack before placing it on the grill.

Lay out the pineapple slices and the shrimp separately on a large plate or tray. Drizzle the fruit and shrimp with 1 tablespoon of the oil, then season with salt and pepper to taste.

Place the shrimp on the grill rack. Cover with the grill lid and cook for 2 minutes, then uncover and turn over the shrimp. Cook uncovered for 1 to 3 minutes or until the shrimp are opaque and just cooked through; transfer to a clean plate.

Place the pineapple slices on the grill; cover and cook for 3 to 4 minutes, until the pineapple has nice grill marks. Use a spatula to turn the slices over. Cook uncovered for 2 to 3 minutes, until the second side has nice grill marks; transfer to a clean plate. Let the shrimp and pineapple cool for 10 minutes.

Cut the shrimp into 1/2-inch chunks. Cut the pineapple into slightly smaller pieces, discarding the tough center core of each slice if that hasn't been done already.

Whisk together the vinegar, cilantro and sugar, and the hot pepper sauce, salt and pepper to taste, in a large bowl, then slowly whisk in the remaining 2 tablespoons of oil. Add the pineapple, shrimp, black beans and poblano pieces, stirring to incorporate. Taste, and adjust the seasoning as needed.

Serve right away, or cover and refrigerate for up to 2 days.

**NOTE:** Roast the poblano pepper on an aluminum-foil-lined baking sheet at 400 degrees for 15 to 20 minutes or until the skin has blistered. Let cool, then peel and seed it before cutting as needed.

## Recipe Source:

From Nourish columnist Stephanie Witt Sedgwick.

*340 calories, 12g fat, 2g saturated fat, 75mg cholesterol, 150mg sodium, 37g carbohydrates, 12g dietary fiber, 4g sugar, 22g protein.*

*Tested by Stephanie Witt Sedgwick for The Washington Post.*

*E-mail the Food Section at [food@washpost.com](mailto:food@washpost.com) with recipe questions.*

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