

Dinner

Spicy Shrimp Tacos with Cilantro Lime Crema

40 Mins
Prep Time

5-6 Mins
Cook Time

4
Servings

350 Calories **16g** Fat **29g** Carbs **25g** Protein



Ingredients

4 Servings • **Serving Size 2 Tacos** **45 Mins** Total Time **Allergens: Shellfish, Dairy**

Shrimp Marinade

1 lb Frozen Cooked Shrimp, peeled, deveined and with tails off, thawed (**thaw shrimp using cold running water in a colander**)

2 Tbsp Olive Oil	1 Tsp Paprika
½ Tsp Garlic Powder	1 Tsp Chili Powder
¼ Tsp Salt	

Cilantro Lime Crema

½ Cup Plain Greek Yogurt	2 Tbsp Lite Mayonnaise
½ Cup Cilantro, washed	2 Tbsp Lime Juice (~1 lime)
1 Tsp Garlic Powder	½ Tbsp White Vinegar

Taco Assembly

8 Corn Tortillas	½ Cup Cilantro, chopped
2 Cups Red Cabbage, sliced thin	½ Small Red Onion, sliced thin

1 Avocado peeled and chopped (can be substituted for **1 cup** of a store bought guacamole)

Nourishment Note



Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



Greek Yogurt

Greek yogurt is an excellent source of high-quality protein. Yogurt also contains beneficial probiotics that may help improve immunity and reduce inflammation.

Allergen Swap

Shrimp Substitute shrimp for chicken, adjust cooking times accordingly

Dairy Substitute Greek yogurt for a plain dairy-free yogurt

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Make Shrimp Marinade

Make shrimp marinade by combining olive oil, paprika, garlic powder, chili powder and salt in a large resealable bag. Add shrimp to marinade and let sit for at least 15 minutes.

3. Make Cilantro Lime Crema

Make cilantro lime crema. In a blender mix Greek yogurt, mayonnaise, cilantro, lime juice, garlic powder and vinegar.

4. Sauté Shrimp

Heat skillet over medium heat. Once heated, sauté shrimp for 2-3 minutes a side until heated through. Remove shrimp to a plate to cool.

5. Add Tortillas

Add tortillas, in a single layer, to a skillet and toast for 15- 20 seconds a side.

5. Assemble Tacos

Assemble Tacos: plate 2 tortillas, add shrimp, cabbage, red onion, cilantro, guacamole and top with cilantro lime crema

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Blender



Resealable Bag



Plate



Knife



Colander



Large Skillet

Fatigue Buster

- Purchase lime juice vs squeezing fresh limes.
- Purchase guacamole instead of peeling and chopping a fresh avocado.
- Use flour tortillas instead of corn tortillas to omit the toasting step.