

Dinner

Shrimp Tacos with Mango Avocado Salsa & Cilantro Lime Crema

20 Mins
Prep Time

4-5 Mins
Cook Time

4
Servings

346 Calories **12g Fat** **45g Carbs** **22g Protein**



Ingredients

4 Servings (2 tacos each)

25 Mins Total Time

Allergens: Shellfish, FODMAPs

1 lb Shrimp; peeled and deveined

¼ Tsp Cumin

¼ Tsp Garlic Powder

¼ Tsp Onion Powder

½ Tsp Oregano, dried

1 Tbsp Extra Virgin Olive Oil

Salt, to taste

8 Corn Tortillas

Mango Avocado Salsa

1 Avocado, peeled & diced ½ Tsp Onion Powder

1 Mango, peeled & diced Juice of 1 Lime

¼ Cup Cilantro, chopped Salt, to taste

Cilantro Lime Crema

½ Cup Plain, Non-Fat Greek Yogurt 1 Tbsp Lime Juice

1 Tbsp Cilantro, chopped

Nourishment Note



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working at its best.



Mango

Mango is an excellent source of vitamin C, which helps your body more easily fight infections.



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.

Instructions

1. Prepare Oven

Place oven rack in highest position and set oven to broil.

2. Prepare Shrimp

In a bowl, mix together shrimp, cumin, garlic powder, onion powder, oregano, extra virgin olive oil, and a pinch of salt until shrimp are evenly coated. Lay shrimp, in a single layer, on a baking sheet coated with cooking spray.

3. Prepare Salsa

In another mixing bowl, add the avocado, mango, cilantro, and onion powder. Squeeze the juice of one lime over the mixture. Stir to combine and add salt to taste.

4. Combine and Stir

To a small bowl, add the Greek yogurt, chopped cilantro and 1 Tbsp lime juice. Stir to combine.

5. Broil Shrimp

Place baking sheet with shrimp under the broiler for two minutes. Remove shrimp, flip with spatula and return under broiler for another two minutes, or until shrimp are pinkish in color and springy to the touch.

6. Warm Tortillas

While shrimp are broiling, heat a dry skillet over medium-high heat and warm corn tortillas, 1-2 at a time, for 30 seconds on each side.

7. Assemble & Enjoy

Assemble tacos by adding shrimp, mango avocado salsa and dollop of cilantro lime crema to a warmed tortilla. Enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Baking Sheet



Cooking Spray



Mixing Bowls (3)



Spoons (3)



Measuring Spoons



Measuring Cups



Cutting Board



Knife



Spatula

Remission Remix

- Replace the onion powder in the salsa with diced red onion for a more robust flavor.
- Mix in ½ cup black beans to the salsa for additional fiber and protein.

Allergen Swap

Shellfish Use chicken (adjust cooking time accordingly), tofu

FODMAPs Omit garlic powder; omit onion powder; omit mango and use cantaloupe; omit yogurt and use lactose-free sour cream