

SHRIMP TACOS

Shrimp Tacos

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3 (Serving= 2 shrimp tacos)

Nutrition (per serving)

Total Fat: 2 g	Calories: 239
Saturated Fat: 0 g	Total Sugars: 8 g
Sodium: 491 mg	Protein: 27 g
Total Carbohydrate: 30	
Dietary Fiber: 6 g	

Ingredients

Coleslaw

- 1 ½ cups coleslaw mix
- 1/3 cup diced red onion
- 2 Tablespoons chopped fresh cilantro
- 1 teaspoon fresh lime juice
- 3 Tablespoons non-fat Greek yogurt

Shrimp

- ¾ teaspoon chili powder
- 1 ½ teaspoons sugar
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

- ¾ teaspoon ground cumin

- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon ground black pepper
- Cooking spray

- 1 - 12 ounce bag of tail-off, peeled, deveined cooked shrimp
- 6 corn tortillas

Directions

1. In a large bowl, combine the coleslaw mix, red onion, cilantro, lime juice, non-fat Greek yogurt, sugar, salt, and ground black pepper. Set aside.
2. In a small bowl, combine the chili powder, cumin, garlic powder, onion powder, and black pepper. Spray a large skillet with non-stick cooking spray and place over medium heat. Add the shrimp. Add spice mixture to shrimp and stir. Cook for 3-4 minutes, stirring occasionally.
3. Place shrimp into corn tortillas and top with coleslaw mixture. Garnish with remaining lime juice, cilantro, and non-fat Greek yogurt as desired.