

SHRIMP TACOS

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

Serves: 3 (Serving= 2 shrimp tacos)

Nutrition (per serving)

Calories: 239

Total Fat: 2 g

Saturated Fat: 0 g

Sodium: 491 mg

Total Carbohydrate: 30 g

Dietary Fiber: 6 g

Total Sugars: 8 g

Protein: 27 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
- ¾ teaspoon ground cumin
- ¾ teaspoon garlic powder
- 1 ½ teaspoons sugar
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- ¾ teaspoon onion powder
- ¼ teaspoon ground black pepper
- Cooking spray



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- 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.