

CHIPOTLE-LIME SHRIMP BITES

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

Serves: 5 (Serving= 2 shrimp bites)

Nutrition (per serving)

Calories: 80

Total Fat: 5 g

Saturated Fat: 0 g

Sodium: 53 mg

Total Carbohydrate: 2 g

Dietary Fiber: 1 g

Protein: 6 g



Ingredients

- 10 small-sized raw shrimp, peeled and deveined
- 2 teaspoons adobo sauce
- Juice and zest of 1 lime
- 2 cloves garlic, chopped
- 1 teaspoon dried cumin
- 1 avocado, seeded, peeled and mashed
- 10 corn tortilla chips, round
- 2 teaspoons extra-virgin olive oil
- 2 Tablespoons cilantro leaves



OSF[®]
HEALTHCARE

Directions

1. Marinate shrimp in a bowl with adobo sauce, lime, garlic, and cumin for 20 minutes. Make sure the shrimp are evenly coated.
2. While the shrimp is marinating, mash the avocado in a bowl and spoon about 1 tsp. onto a circular tortilla chip.
3. Once finished marinating, heat olive oil over medium-high heat and place the shrimp into a medium skillet for 2-3 minutes on each side.
4. Once cooked, gently place one shrimp on top of the tortilla chip.
5. Garnish with cilantro.