



Shrimp Tacos

Yield: 8 servings

Source: www.spendwithpennies.com

Ingredients:

- 1 pound shrimp, shelled and deveined
- 1 package low sodium taco seasoning
- ½ lime, juiced
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 8 whole wheat tortillas

Cilantro Slaw

- 1 ½ cups cabbage, finely sliced
- 2 tablespoons cilantro, chopped
- ¼ cup plain Greek yogurt
- ½ teaspoon cumin

Yogurt Cilantro Sauce

- ¼ cup Greek yogurt
- 2 tablespoons chopped cilantro
- 1 teaspoon lime juice

Directions:

1. In a small bowl combine cabbage, cilantro, Greek yogurt and cumin and set aside.
2. In another small bowl combine Greek yogurt cilantro and lime juice and set aside.
3. In a third bowl combine shrimp, taco seasoning, lime juice and garlic powder.
4. In a medium pan heat olive oil over medium heat and cook shrimp for 2-3 minutes on each side or until internal temperature reaches 145°F. Fill tortilla with slaw, shrimp and top with sauce.

Nutrition information:

Serving size: 1 taco

Calories: 178

Fat: 7g

Sodium: 398mg

Carbohydrates: 20g

Sugar: 2g

Fiber: 1g

Protein: 10g