

HEART HEALTHY RECIPES



Shrimp Tacos

www.heartbeetforhealthy.org

INGREDIENTS - SAUCE



- ♥ 1/2 cup plain yogurt
- ♥ 1/2 tsp taco seasoning
- ♥ 1/4 cup mayonnaise
- ♥ 1 lime, juiced
- ♥ salt and pepper to taste
- ♥ Pinch of cayenne pepper

INGREDIENTS - TACOS



- ♥ 1lb raw shrimp
- ♥ 1 tbsp taco seasoning
- ♥ 1 tsp garlic powder
- ♥ 3 cups coleslaw
- ♥ Pepper to taste
- ♥ 9 tortillas
- ♥ Guacamole

INSTRUCTIONS



- Preheat a skillet on high heat and add shrimp. Cook until pink on the bottom. Flip and cook until no longer grey.
- To assemble the tacos, warm tortillas on high heat, then fill each tortilla with 3-4 pieces of shrimp, some slaw, and guacamole

INSTRUCTIONS



- In a medium bowl, add shrimp, 1 tbsp taco seasoning, garlic powder, and pepper. Stir and set aside
- In a small bowl, add all of the sauce ingredients. Stir and set aside

NUTRITION FACTS



Serving Size

1 taco

Calories

171kcal

Carbohydrates

16g

Protein

13g

Fat

7g

Sodium

546mg

Fiber

3g