

CHILI LIME FISH AND SHRIMP WITH CHIPOTLE AVOCADO SAUCE

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

Serves: 4 (Serving = 1 tilapia fillet, 6 shrimp and 1/4 of sauce)

Nutrition (per serving)

Calories: 291	Total Carbohydrate: 11
Total Fat: 13 g	Dietary Fiber: 5 g
Saturated Fat: 3 g	Protein: 35 g
Sodium: 563 mg	

Ingredients

- 1 teaspoon paprika
 - 1 Tablespoon chili powder
 - 1 teaspoon cumin
 - 1 Tablespoon garlic powder
- Sauce*
- 1 pitted avocado, flesh only
 - 1 chipotle pepper, seeded
 - 1 Tablespoon adobo sauce
 - 4 - 4 ounce raw tilapia filets
 - 24 raw shrimp, de-veined and tails off
 - Cooking spray
 - 5 ounces plain, nonfat Greek yogurt
 - 1 teaspoon garlic, minced
 - ¼ cup pinto beans

Plating

- 4 cups raw spinach leaves
 - ¼ cup fresh cilantro, chopped
 - 4 lime wedges
- ½ cup queso fresco, crumbled (make sure gluten free for GF version)

Directions

1. Pre-heat grill to medium-high heat.
2. In a small bowl, combine all seasonings. Coat fish and shrimp evenly on both sides. Spray grill with cooking spray. Using 4 skewers soaked in water, place 6 shrimp on each skewer. Place tilapia in grilling basket or on piece of foil. Grill shrimp for 2-3 minutes on both sides and fish for 3-4 minutes on both sides. Note: If using grill pan, fish and shrimp can be placed directly on the pan without skewers or foil. Cooking time will be the same.
3. In a food processor, place all sauce ingredients and blend until smooth.
4. In a medium bowl, combine ¼ cup sauce with 4 cups of spinach and toss to coat. Place 1 cup spinach on plate, then top with 1 tilapia filet, 6 shrimp, 2 Tablespoons sauce, cilantro, juice of 1 lime wedge and 2 Tablespoons of queso fresco. Repeat with 3 other plates.