GRILLED SHRIMP TACOS WITH SWEET SLAW

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 2 (Serving= 2 tacos with 1 cup slaw)

Nutrition (per serving)

Calories: 306	Total Carbohydrate: 32 g
Total Fat: 4 g	Dietary Fiber: 5 g
Saturated Fat: 2 g	Protein: 32 g
Sodium: 376 mg	

Ingredients

- 20 de-veined, large raw shrimp (tail off)
- ½ Tablespoon cumin
- 1 Tablespoon chili powder
- ½ Tablespoon garlic powder
- Skewers
- 2 cups bagged shredded cabbage slaw
- 2 Tablespoons fat free French salad dressing (choose gluten free for GF version)
- 2 Tablespoons light sour cream
- 2 teaspoons cilantro, chopped
- 1 teaspoons garlic, minced
- 4 corn tortillas
- Squirt of fresh lime juice

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Directions

1. Place raw shrimp in a medium bowl. Sprinkle with cumin, chili powder and garlic powder and toss to coat. Place shrimp on skewers that have been soaked in water. Cook on medium-high grill for 2-3 minutes on both sides.
2. In a medium bowl, mix together cabbage slaw, French dressing, sour cream, cilantro and garlic. Set aside.
3. If using gas stove, place 1 tortilla at a time on the burner and turn on medium heat. Let edges get crispy and just barely charred then flip and repeat. Microwave for 20 seconds if stove top is electric.
4. Divide the shrimp evenly among the tortillas, place ½ cup sweet slaw on top and squeeze fresh lime juice.

To make bariatric diet friendly:

Reduce serving size in half.

Bariatric nutrition information (1 taco, makes 2): Calories 153, Total Fat 2g fat, Sat Fat 1g, Sodium 188mg, Total Carbohydrate 16g, Fiber 2.5g, Protein 16g