

Grilled shrimp tacos with cabbage slaw



MAKES 4 SERVINGS | PREP: 30 MIN

INGREDIENTS

- 3 Tbsps nonfat Greek yogurt
- ½ cup light mayonnaise
- ½ chipotle pepper en adobo, minced into a puree*
- 1 pound medium peeled and deveined shrimp
- 2 limes, divided
- 1/4 tsp chilli powder
- ½ medium green cabbage, finely shredded
- 2 medium carrots, coarsely grated
- ¾ cup roughly chopped fresh cilantro
- 1 Tbsp extra-virgin olive oil, plus extra, if needed, for brushing
- Salt and pepper, to taste
- 8 small whole grain corn tortillas

PREPARATION

- Preheat a grill or grill pan to medium-high heat.
- In a small bowl, whisk together the yogurt, mayonnaise and chipotle pepper; set aside.
- In a medium bowl, toss together shrimp, juice of 1 lime and chili powder; set aside.
- In a large bowl, combine shredded cabbage, carrots, cilantro and the juice of the remaining lime; toss well. Add salt and pepper, to taste.
- Thread shrimp on skewers, 3-4 shrimp per skewer.
- Brush each skewer with olive oil and season to taste with salt and pepper.
- Coat the grill rack with cooking spray and grill shrimp skewers 2-3 minutes on each side, or until pinkish and opaque in color. Meanwhile, warm tortillas, as desired, on the grill.
- To assemble, spread a few teaspoons of the chipotle mayo along the center of a warmed corn tortilla. Lay 3 or 4 shrimp across the mayo. Top with a generous spoonful of the cabbage slaw. Serve additional slaw as a side salad.

*Chipotle peppers en adobo are sold in small cans in the Mexican food section of most supermarkets. One-half of a minced chipotle pepper measures about half of a tablespoon.¹

NUTRITION

Serving size: 2 tacos



Calories: 389 | total fat: 11 g | saturated fat: 2 g | sodium: 509 mg | cholesterol: 229 mg
total carbs: 40 g | fiber: 8 g | sugars: 10 g | protein: 37 g | potassium: 564 mg

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¹<https://oldwayspt.org/recipes/grilled-shrimp-tacos-cabbage-slaw>