

Grilled Shrimp Tacos



Here's a light and tasty summer taco recipe that's great for a family dinner or the next time you have guests.

Prep Time: 15 minutes

Nutrition Facts

Recipe makes 4 servings

Calories: 200	Dietary Fiber: 2 g
Fat: 6 g	Sodium 205 mg
Carbohydrate: 16 g	Protein 21 g
Cholesterol: 145 mg	

Source: American Diabetes Association.
For more Diabetes-friendly recipes, visit:
<http://www.diabetes.org/mfa-recipes>

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Grilled Shrimp Tacos



Ingredients

- 1/4 cup nonfat plain Greek yogurt
- 2 Tbsp. light mayonnaise
- 1/2 tsp. chili powder
- 12 oz. peeled and deveined shrimp
- 4 long bamboo skewers, soaked in water
- 1 Tbsp. olive oil
- 2 cloves garlic, minced or grated
- 1 lime, juiced
- 1/4 tsp. ground black pepper
- 4 - 6 inch corn tortillas
- 1 cup shredded lettuce
- 1/2 cup salsa verde

Directions

1. Preheat an indoor or outdoor grill.
2. In a small bowl, whisk together the yogurt, mayonnaise, and chili powder. Cover and keep in the refrigerator until needed.
3. Skewer 3 ounces of shrimp on each skewer.
4. In a small bowl, whisk together olive oil, garlic, lime juice, salt (optional) and pepper. Brush the shrimp with the marinade and grill for 3-4 minutes on each side until the shrimp are pink and just firm. Continue to brush with the marinade while grilling, using all of the marinade.
5. Heat the tortillas briefly on the grill. Remove the shrimp from one skewer and place in a tortilla. Top the shrimp with 1/4 cup shredded lettuce, a heaping tablespoon of the reserved yogurt sauce, and 2 tablespoons of salsa verde. Repeat for the remaining three tacos.