



From the Kitchen of Executive Chef Jessica VanRoo

Shrimp Tacos and Avocado Slaw

Serves 4, makes 8 tacos

579 calories per serving (without cheese)

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Shrimp are loaded with omega 3 fats, which have been shown to help lower cholesterol and improve heart health. Shrimp also contain vitamin D, which aids in bone strength, and the antioxidant astaxanthin, which can help lower blood pressure and improve blood flow.

Add avocados and you are mixing in amazing texture along with lots of healthy unsaturated fats and fiber, which aid in satiety. They also contain omega 3 fatty acids, along with vitamins C, E, K and B-6, not to mention beta-carotene, niacin, folate, pantothenic acid, magnesium, potassium and lutein.

Grill along with some mild Anaheim chili peppers, and you have a delicious meal.

Total cost: \$14.80/ \$3.70 per serving

Ingredients for Shrimp

- 1 lb shrimp, deveined and tails removed
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon chili powder (or use more paprika)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- Juice of 1 lime (about 1 tablespoon)
- 1 tablespoon olive oil
- bamboo or metal skewers



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Shrimp Tacos and Avocado Slaw

Ingredients for Avocado Slaw

- 10-14 oz coleslaw mix
- 1 yellow or sweet onion, finely diced
- Juice of 3 limes (about 4 tablespoons)
- 2 large avocados, peeled and seeds removed
- 2 garlic cloves, minced
- 4 tablespoons cilantro, chopped (optional)

Ingredients for Tacos

- 8 corn tortillas
- Salsa or chopped tomatoes and onion
- Crumbled or shredded cheese
- Cilantro sprigs (optional)
- Lime slices

Instructions

1. Combine shrimp with all ingredients except skewers. Set aside to marinate for no more than 30 minutes if using an acid such as lime.
2. Preheat grill. In a separate bowl, toss coleslaw mix with onion. In a blender or food processor, combine lime juice, avocados, garlic, cumin and cilantro and mix until creamy. Add to coleslaw mix.
3. Skewer shrimp on wooden or metal skewers, brush with olive oil and grill on high heat about 2 to 3 minutes per side, remove from grill.
4. Warm tortillas on the grill. Remove shrimp from skewers and serve with slaw mix, salsa fixings and cheese.