

Carolina Shrimp Tacos with Pineapple Salsa

Makes: 4 Servings

“Every fall, shrimp season opens in South Carolina,” says Kiana. “My grandpa and I always go out and watch the shrimpers head into the ocean on their huge shrimp boats. We always buy shrimp fresh from the ocean and go home to think of creative new ways to cook them. This recipe is a combination of spicy flavors my grandpa likes complimented by the sweet flavors I like.”

Ingredients

For the Salsa:

- 1/2** chopped seedless jalapeno
- 1/4 cup** chopped sweet Vidalia onions
- 1/4 cup** chopped yellow bell pepper
- 1/2 cup** finely chopped red cabbage
- 2** fresh limes, juiced
- 1** garlic clove, peeled and minced
- 1/2** avocado, peeled, pitted, and diced
- 1/2 cup** chopped pineapple
- 1/4 cup** chopped fresh cilantro

For the Shrimp Tacos and Quinoa:

- 1** tablespoon plus **1** teaspoon olive oil
- 1** garlic clove, peeled and minced
- 1/2 teaspoon** ground cumin
- 1/2 teaspoon** chili powder
- 1/4 teaspoon** kosher salt
- 1/4 teaspoon** cayenne pepper (optional)
- 20** medium shrimp, peeled and deveined
- 4** whole-wheat tortillas
- 1 cup** quinoa, rinsed
- 1/2 cup** spinach, chopped



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	383	
Total Fat	13 g	
Protein	14 g	
Carbohydrates	53 g	
Dietary Fiber	10 g	
Saturated Fat	3 g	
Sodium	525 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1/4 cup
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Directions

1. **To make the Salsa:** In a medium bowl, combine all the salsa ingredients. Cover and chill.
2. **In a medium bowl**, whisk together the tablespoon olive oil, garlic, cumin, chili, salt and cayenne pepper (if using). Add in shrimp and toss to coat completely. Cover and refrigerate for 15 minutes to marinate.
3. **Meanwhile**, in a medium pot, bring 2 cups of water and the quinoa to a boil over medium heat; reduce heat to low and cook for about 20 minutes, or until tender. Remove from heat and mix in spinach. Set aside.
4. **In a large nonstick skillet**, warm the remaining teaspoon of oil over medium high heat. Add the shrimp and cook until pink and cooked through, about 5 minutes. Turn off heat and cover to keep warm.
5. **To Assemble:** Warm the tortillas in the microwave. Arrange $\frac{1}{4}$ cup of the quinoa-fish mixture down the middle of each tortilla. Add $\frac{1}{4}$ of cooked shrimp and top with salsa. Tightly wrap the tortillas and cut in half to serve. Repeat with remaining ingredients. Serve with additional salsa, if desired.

The 2016 Healthy Lunchtime Challenge Cookbook