

Sweet and Savory Shrimp Tacos

Taco filling is typically made with ground meat, but it doesn't have to be. For this recipe, we combine the convenience of frozen shrimp with the usual taco seasonings — chili powder, cumin, garlic and salsa — and then toss in some unlikely ingredients: black beans and crushed pineapple. The result is a slightly sweet, fiber-filled dinner that's sure to make everyone smile. If you have young children and they happen to be missing a few front teeth, you may want to switch from crunchy taco shells to soft flour or corn tortillas.

Ingredients

- 12 taco shells
- 1 tablespoon canola oil
- 1 pound frozen small cooked shrimp, thawed
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- 1 15-ounce can black beans, drained and rinsed
- 1½ cups frozen corn kernels, thawed
- 1 8-ounce can crushed pineapple, drained
- ½ cup salsa
- 1 cup shredded reduced-fat cheddar cheese
- Kosher salt and freshly ground black pepper to taste
- Optional toppings: diced avocado, chopped tomato, light sour cream, shredded lettuce



Directions

Before you begin: Wash your hands.

1. Preheat the oven to 350°F (176°C). Bake the taco shells according to package directions and set aside.
2. While the shells are baking, heat the oil in a large non-stick skillet over medium-high heat. Add the shrimp, cumin, chili powder and garlic powder and cook until the shrimp are warmed through, about 1 minute (if using fresh shrimp, cook an additional 2 to 3 minutes).
3. Stir in the beans, corn, pineapple and salsa, and heat through, about 2 minutes. Add the cheese and heat until melted. Season with salt and pepper to taste.

- Using a slotted spoon to remove any excess liquid, place a generous $\frac{1}{2}$ cup of the shrimp mixture into each taco shell. Serve with optional toppings.

Nutrition Information

Serving size: 2 Tacos

Serves 6

Calories: 380; Total Fat: 13g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 155mg; Sodium: 540mg; Total Carbohydrate: 41g; Dietary Fiber: 6g; Sugars: 8g; Protein: 27g; Vitamin A: 10%; Vitamin C: 15%; Calcium: 20%; Iron: 20%.

Source Kids Eat Right