



## Naked Shrimp Taco w/Pineapple & Green Sauce



Servings: 1 (1 taco plate)

Ingredients	Nutrient value per serving
<p>Green Sauce ingredients:</p> <ul style="list-style-type: none"> <li>• 1 T. reduced-fat mayo</li> <li>• ¼ t. honey</li> <li>• 2 T. avocado</li> <li>• sprinkle of cilantro, finely-chopped*</li> <li>• squeeze of lime juice*</li> </ul> <p>Taco Plate ingredients:</p> <ul style="list-style-type: none"> <li>• 6 med. precooked shrimp, peeled and deveined (41/50 count per pound)**</li> <li>• ½ t. olive oil</li> <li>• ½ clove garlic</li> <li>• 1 c. green cabbage, raw and chopped</li> <li>• ¼ c. small pineapple pieces, fresh</li> <li>• ¼ c. chopped radish, raw</li> </ul>	<p>Exchanges ..... 2 ½ fat            ..... 3 free            ..... 2 protein            ..... 1 vegetable            ..... ½ fruit</p> <p>Calories .....236            Calories from Fat.....179            Total Fat.....15 g            Saturated Fat .....4 g            Cholesterol.....59 mg            Sodium.....221 mg            Carbohydrate .....11 g            Fiber.....3 g            Sugar ..... 4 g            Protein.....13 g</p>
Directions	Notes
<ol style="list-style-type: none"> <li>1. In a bowl, whisk the mayo, honey, avocado, cilantro and lime juice together with a fork to create the green sauce. Set aside.</li> <li>2. Heat olive oil in pan and add garlic.</li> <li>3. Once garlic is fragrant, add shrimp and cook for about four to five minutes.</li> <li>4. Mix cabbage in with green sauce, and then top with cooked shrimp, pineapple and chopped radish.</li> </ol>	<p>Prep time: 10 min.            Cook time: 5 min.</p> <p>Make any day “Taco Tuesday” with this mouthwatering “naked” taco.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. While gluten-free ingredients are listed in the recipe, not all packaged versions of these foods are gluten-free. Check the label prior to purchasing.</i></p> <p>* To stay on track, limit yourself to three free exchanges per day. Free exchanges listed with a * can be enjoyed over and above that limit.</p> <p>** Can't have shellfish? No problem! You can exchange the shrimp for 2 oz. of either cooked chicken or pork.</p>