

SHRIMP TACOS WITH BLACK BEAN AND PINEAPPLE SALSA

Makes 6 Servings

INGREDIENTS:

- 12 taco shells
- One 15-ounce can black beans, drained and rinsed
- One 8-ounce can pineapple tidbits, drained
- 1 cup finely diced red bell pepper
- 3 green onions, roughly chopped (white and light green parts)
- 1/3 cup roughly chopped cilantro, or more to taste
- 1 tablespoon lime juice
- Kosher salt
- Black pepper
- 2 teaspoons extra virgin olive oil
- 1 garlic clove, minced
- 1 pound small or medium shrimp, peeled, deveined and tails removed
- 1/2 teaspoon ground cumin

Optional toppings: Diced avocado, cilantro, plain Greek yogurt, diced tomato

DIRECTIONS:

1. Cook the tacos according to package directions. Set aside.
2. To make the salsa, place the beans, pineapple, bell pepper, green onions, cilantro, and lime juice in a large bowl and stir to combine. Season with salt and pepper to taste. Set aside.
3. Heat the oil in a large nonstick skillet over medium low heat. Add the garlic and cook, stirring constantly until fragrant and golden, 30 seconds to 1 minute.
4. Raise the heat to medium, add the shrimp and cumin, and cook, stirring frequently, until cooked through and pink, about 4 minutes. Transfer to a bowl and set aside.
5. Place about 5 shrimp in each taco shell and about 1/4 of the salsa. Garnish with optional toppings.

Nutrition Information per Serving:

270 calories, 10g fat (1g saturated, g omega-3), 690mg sodium, 30g carbohydrate, 5g fiber, 18g protein, 10% vitamin A, 20% vitamin C, 10% calcium, 10% iron

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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