

PREPARATION: 10 MINUTES

COOKING: 10 MINUTES

SERVINGS: 4

MINI SHRIMP TACOS WITH CORN SALSA

Nutrient Analysis			
PER SERVING: 3 Mini-cups			
RENAL EXCHANGE: 1 Meat + 1 Starch			
Calories	125 Kcal	Sodium	243 mg
Protein	5 g	Potassium	85 mg
Total Carbohydrate	17 g	Phosphorus	75 mg
Fiber	1 g	Calcium	26 mg
Sugars	1 g	Iron	1 mg
Fat	4 g	Magnesium	12 mg
Saturated	1 g	Vitamin C	11 mg
Cholesterol	25 mg		
Diet Types			
<input checked="" type="checkbox"/>	CKD Non-Dialysis	<input checked="" type="checkbox"/>	Dialysis/Diabetes
<input checked="" type="checkbox"/>	Dialysis	<input checked="" type="checkbox"/>	Transplant



MINI SHRIMP TACOS WITH CORN SALSA

INGREDIENTS

12 wonton wrappers

½ tablespoon olive oil

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12 medium-sized shrimp, uncooked, shells removed

¼ teaspoon chili powder

¼ cup frozen corn niblets, thawed

¼ cup red pepper, diced

1 teaspoon garlic, minced



1 teaspoon jalapeno pepper, chopped

1 tablespoon green onion, chopped

1 teaspoon lime juice

1 teaspoon fresh cilantro, chopped

PREPARATION

- 1 Preheat oven to 350°F (conventional oven).
- 2 Brush wontons with olive oil and press into mini muffin cups. Bake for approximately 5 minutes or until they turn golden brown.
- 3 Heat olive oil in a frying pan and sauté shrimp with the chili powder until they turn pink and opaque.
- 4 In a mixing bowl, combine corn, red pepper, garlic, jalapeno, onion, lime juice, and cilantro.
- 5 Fill wonton tacos with corn salsa and top with a shrimp.

NOTE

- ✓ *Baked Wonton cups can be made ahead of time. They can be the basis for many appetizers.*

Examples: Fill them with your favorite dips and garnish with a vegetable. When you brush them with olive oil and herbs before baking they make homemade chips, which can be enjoyed as a snack without any other ingredients.

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