MINI SHRIMP TACOS WITH CORN SALSA

PREPARATION: 10 MINUTES  COOKING: 10 MINUTES  SERVINGS: 4

Nutrient Analysis

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving: 3 Mini-cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>125 Kcal</td>
</tr>
<tr>
<td>Sodium</td>
<td>243 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
</tr>
<tr>
<td>Potassium</td>
<td>85 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Fat</td>
<td>4 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>25 mg</td>
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</tbody>
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RENALEXCHANGE: 1 Meat + 1 Starch

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

Delicious!
Mini Shrimp Tacos with Corn Salsa

**INGREDIENTS**
- 12 wonton wrappers
- 1/2 tablespoon olive oil
- 1/2 tablespoon olive oil
- 12 medium-sized shrimp, uncooked, shells removed
- 1/4 teaspoon chili powder
- 1/4 cup frozen corn niblets, thawed
- 1/4 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.