

# Thinking Outside the Box!



## Microwave Speedy Shrimp Taco Plate

By now, most know that the best way to improve the nutrition quality of the diet is to cook more meals at home and to limit the amount of processed foods. The first part of this message is entirely true when care is taken to choose high nutrition quality products, while keeping portion sizes in check.

When cooking at home, focus on healthy protein sources, while not breaking the bank. In order to keep the intake of unhealthy fats and calories in check, while assuring adequate intake of key vitamins and minerals, the strategy for meeting your protein needs should be consuming a variety of foods. Although chicken, pork, lamb, dairy, etc. are great sources of protein, care needs to be taken to choose mostly lean cuts and low fat versions. Animal products shouldn't be your only source of protein.

There is no harm in aiming for a fair amount of your protein coming from plant based foods (fruits, vegetables, grains, nuts and seeds, and legumes) and seafood. By doing so, it will be easier to keep your calories and saturated fat in check, while assuring you are consuming key vitamins, minerals, and phytochemicals that are important to keep your body performing optimally, while also lowering your risk of certain diseases.

When making a diet change aiming toward optimal nutrition, many experts will advise focusing on lean meats. Many recipes that support this will default to chicken breasts or plant based proteins. Consider taking some of those recipes and swap the chicken with fish. Shellfish, like the crab meat in this recipe, is a good source of protein, low in fat and carbs, and rich in Omega-3 fatty acids, which help lowers the risk of heart disease.



### Ingredients: 4 servings

- Four 10-12 in. soft tortillas (preferably whole wheat or whole grain)
- 12-16 oz. frozen cooked medium shrimp, thawed and tails removed
- 11-12 oz. fresh coleslaw kit (shredded carrots, cabbage, and sauce)
- 1 fresh lime
- ½ tsp. cumin
- ¼ tsp. onion powder
- ¼ tsp. garlic salt
- ½ cup of fresh mango, peeled and diced
- 8 oz. shredded cheddar cheese
- 2 tbsp. salsa
- 1 ripe avocado
- ¼ cup of fresh cilantro divided.

### Directions:

1. Pat dry the thawed and detailed cooked shrimp. Place in a microwave-safe dish. Cut the lime in half and squeeze the juice of half of the lime over the shrimp. Add the cumin, onion powder and garlic salt to the shrimp and toss to coat. Cover and microwave for 2 minutes, or until the shrimp is heated through.
2. Drain and rinse the black beans. Pour in a microwave-safe dish and stir in the salsa. Cover and microwave for 90 seconds.
3. Pour half of the cabbage and carrots of the coleslaw mix into a medium-sized bowl. Set aside the sauce for another use. In a medium bowl, mince 1 avocado with the remaining ½ of the lime juice and mix in ¼ cup of the fresh cilantro and the mango.
4. Warm the tortillas by covering with a damp paper towel in the microwave for 20-30 seconds.
5. Assemble the plate by placing ¼ of the shrimp in the tortilla topped with the mango, slaw mixture. Serve alongside the black bean topped with a sprinkle of additional cilantro and a little salt to taste.

### Note:

This plate is perfect for the office. Assemble the taco by only placing the shrimp in it. Put beans on the side. When ready to eat. Microwave for 45-60 seconds. Top with the slaw and enjoy.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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