Dinner, Latin American

Chilled Shrimp Taco Bowls with Avocado

Cool cooked shrimp is tossed with avocado, tomato, pineapple and green onion, then spooned into crisp bibb lettuce cups and finished with a chili-spiked yogurt and salsa topping.



Nut free

15 min	250	17 g	9 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1/2 lbs fully cooked shrimp (peeled, deveined, tails removed)
- [ ] 1/4 cup salsa
- [ ] 1/2 med avocado (peeled and diced)
- [ ] 1 med tomato(es) (diced)
- [ ] 1/4 cup green onion (scallion) (minced)
- [ ] 1/4 cup fresh pineapple (finely diced)
- [ ] 1 tbsp jalapeño pepper (sliced, optional)
- [ ] 2 leaves bibb lettuce
- [ ] 1/2 tsp chili powder
- [ ] 1/4 cup plain nonfat Greek yogurt
- [ ] 2 tbsp fresh cilantro (optional)

Nutrition Facts

Per serving

Calories	250
Total fat	6 g
Saturated fat	1 g
Sodium	400 mg
Total carbs	17 g
Fiber	6 g
Total sugars	9 g
Protein	35 g

Method

- [ ] 1 Add the fully cooked shrimp to a large bowl along with the diced avocado, diced tomato, minced green onion, and finely diced fresh pineapple.
- [ ] 2 Fold in the sliced jalapeño pepper if you want extra heat.
- [ ] 3 Gently pull a few central leaves away from each piece of bibb lettuce so each one forms a small bowl.
- [ ] 4 Divide the shrimp mixture evenly between the bibb lettuce bowls.
- [ ] 5 Stir the chili powder into the Plain Nonfat Greek yogurt until fully blended.
- [ ] 6 Spoon the chili yogurt over each bowl, then add a share of the salsa to each.
- [ ] 7 Scatter the fresh cilantro over the top if you like.

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