

Shrimp TACOS

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (motherhoodandmeals.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.rdservices.ca) and teaches courses at a Brescia University College in Ontario, Canada.



STEPS:

- Wash all fresh produce before preparing.
- Dice veggies and fruit and place into small serving dishes.
- Shred cheese and place it into a small serving dish.
- Rinse shrimp in a strainer with cold water, add to a fry pan, and sauté on medium heat until they are warmed through. Drain water from pan and add sweet chili sauce. Stir until shrimp are coated.
- Make tacos by layering ingredients into the shells.
- Top with a squeeze of lime juice and piece of cilantro.



Nutrition Facts	
servings per container	
Serving size	(342g)
Amount per serving	490
Calories	
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 720mg	31%
Total Carbohydrate 45g	16%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 427mg	35%
Iron 2mg	10%
Potassium 638mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Prep time: 15 Minutes
Cook time: 5 Minutes
Serves: 4 People

INGREDIENTS:

- **1** NatureFresh™ Farms Red Bell Pepper, sliced or diced
- **1 cup** NatureFresh™ Tomberry® Tomatoes (or diced TOMZ® Cocktail Tomatoes)
- Hard or soft taco shells (1-2 per person)
- **2 cups** frozen baby shrimp (pre-cooked)
- **2 tbsp** Sweet chili sauce
- 1 pineapple or mango, diced
- **1 cup** avocado, diced
- **1 cup** shredded cheese
- **1** Lime
- Fresh cilantro

CHEF'S TIP:

Shred the cheese and prep all fruit/vegetables except for the avocado ahead of time.



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