

# VitaMin



Vital health information in a minute

Photo: Brian Woodcock

## GRILLED SHRIMP TOSTADAS WITH LIME

**Yield: Serves 4 (serving size: 2 tostadas)**

### Ingredients

#### Shrimp

- › 24 large shrimp, peeled and deveined (about 1-1/2 pounds)
- › 1/2 teaspoon garlic powder
- › 1/2 teaspoon ground cumin
- › 1/4 teaspoon kosher salt

#### Black bean salsa

- › 1/4 cup chopped green onions
- › 1/4 cup chopped cilantro
- › 1 tablespoon olive oil
- › 1 tablespoon red wine vinegar
- › 1 tablespoon minced chipotle chilies in adobo sauce
- › 1 teaspoon minced fresh garlic
- › 1/4 teaspoon kosher salt
- › 1 (15-ounce) can unsalted black beans, rinsed and drained

#### Avocado topping

- › 1/4 cup plain, fat-free Greek yogurt
- › 1 teaspoon lime juice

- › 1 ripe peeled avocado
- › 1 cup chopped seeded tomato
- › Cooking spray
- › 8 corn tostadas
- › 4 lime wedges

### Preparation

1. To prepare shrimp, combine shrimp, garlic powder, cumin and 1/4 teaspoon salt in a bowl. Let stand 10 minutes.
2. To prepare black bean salsa, combine green onions and next 7 ingredients in a medium bowl; toss to coat.
3. To prepare avocado topping, combine yogurt, juice and avocado in a small bowl, mashing with a fork until smooth. Stir in tomato.
4. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add shrimp to pan; grill 2 minutes on each side. Top each tostada with 1/4 cup bean mixture, 3 shrimp

and 1 tablespoon avocado mixture. Serve with lime wedges.

### Nutritional information

#### Amount per serving

- › Calories: 302
- › Fat: 10.8 g
- › Saturated fat: 1.5 g
- › Monounsaturated fat: 6.2 g
- › Polyunsaturated fat: 1.8 g
- › Protein: 15 g
- › Carbohydrates: 40 g
- › Dietary fiber: 10 g
- › Cholesterol: 53 mg
- › Iron: 2 mg
- › Sodium: 384 mg
- › Calcium: 118 mg

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