



COOKING FOR WELLNESS

CANCER SUPPORT
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SHRIMP TACOS WITH CORN SALSA

INGREDIENTS FOR TACOS

1 pound medium uncooked shrimp, peeled and deveined
1 Tablespoon olive or canola oil
1 clove garlic, minced
½ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon kosher salt
¼ teaspoon cayenne pepper (optional)
8 (6-inch) soft corn tortillas

INGREDIENTS FOR CORN SALSA

1 cup frozen corn, thawed, or fresh corn kernels
½ cup diced tomatoes
2 tablespoons chopped red onion
1 lime, zested and juiced (reserve lime juice)
1 avocado, peeled and diced (optional)
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
2 tablespoons chopped fresh cilantro (optional)

INGREDIENTS FOR CUMIN-SCENTER YOGURT

¼ cup plain reduced-fat yogurt
¼ teaspoon cumin
Lime juice and zest (optional)

INSTRUCTIONS

1. In a bowl whisk together oil, garlic, cumin, chili powder, salt and cayenne pepper. Add in shrimp and toss to coat completely. Cover and refrigerate for 20 minutes.
2. While shrimp is marinating, make salsa. Combine corn, tomatoes, onions, lime juice, avocado, salt, pepper and cilantro (if using) in a medium bowl. Toss gently.
3. Combine yogurt, cumin and lime juice and zest (if using) in a small bowl and stir to combine.
4. Cook shrimp in a skillet on medium heat until pink and cooked through, about 2 minutes on each side. Turn off heat and cover to keep warm.
5. Warm tortillas according to package directions. Place 2 tortillas on each of 4 plates. Top each tortilla with about 4 shrimp, 2 tablespoons corn mixture and 1 ½ teaspoons yogurt topping.