

# Grill Seafood this Summer

Heart-healthy & delicious

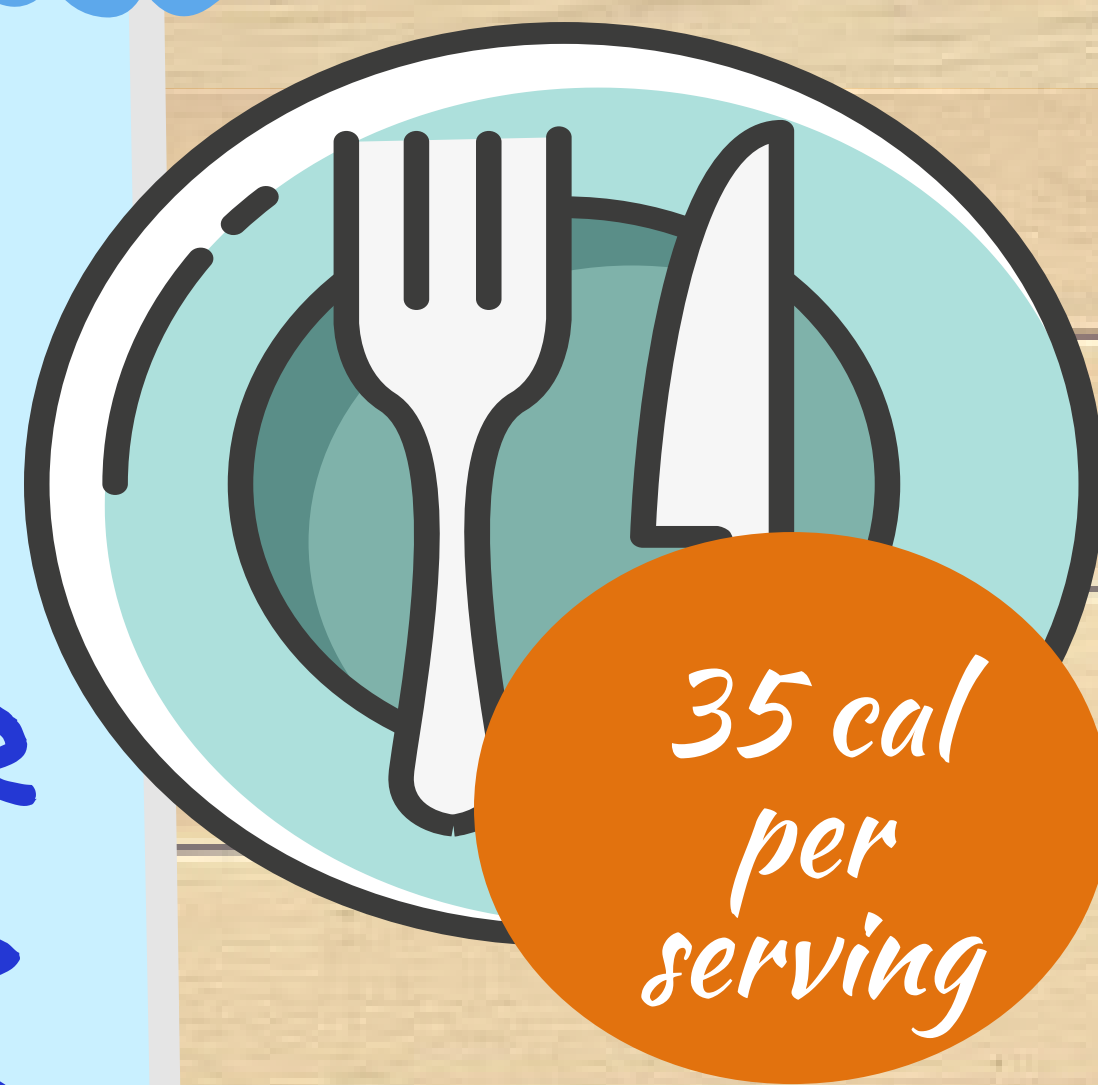
# Shrimp



More than  
20 Vitamins  
& Minerals

## Bring on the Flavor

SHRIMP IS  
FLAVORFUL +  
VERSATILE!  
BBQ, ASIAN OR  
CAJUN - BRING  
ON THE FLAVOR  
WITH GRILLING!



### Grilled Shrimp Tacos

Serves 4 (two tacos each)

#### Ingredients

- 1 Tbsp. olive oil
- 3 limes, juiced
- 2 cloves garlic, minced
- ½ tsp. chili powder
- 2-3 Tbsp. cilantro, finely chopped
- 1 lb. medium tail-off shrimp, peeled and deveined
- 8 corn or flour tortillas
- Diced avocado or guacamole (for garnish, optional)
- Cotija or feta cheese (for garnish, optional)
- Hot sauce (for garnish, optional)

#### Instructions:

1. In a medium bowl, combine oil, lime juice, garlic, chili powder and cilantro until well mixed; add shrimp and toss to coat. Season with salt and pepper. Let marinate in refrigerator for 15 minutes. (Discard unused marinade.)
2. Preheat grill to medium. Place shrimp directly on grill (or use metal or soaked wooden skewers); grill for 2-3 minutes per side, until shrimp is pink and thoroughly cooked.
3. Warm tortillas on the grill for 1 minute per side. Distribute shrimp evenly among tortillas; garnish with avocado, cheese and hot sauce, if desired.

Courtesy of Dish on Fish

20g of  
protein  
per 3 oz

Heart-Healthy



Shrimp boasts omega-3 fatty acids & the antioxidant selenium - both of which boost heart health and help to reduce chronic inflammation.

Sustainably  
Sourced



Visit for more great seafood grilling recipes

