



# MINI SHRIMP TACOS WITH CORN SALSA

## INGREDIENTS

- 12 wonton wrappers
- 1/2 tablespoon olive oil
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- 12 medium sized shrimp, uncooked, shells removed
- 1/4 teaspoon chili powder
- 1/4 cup frozen corn niblets, thawed
- 1/4 cup red pepper, diced
- 1 teaspoon garlic, minced
- 1 teaspoon jalapeno pepper, chopped
- 1 tablespoon green onion, chopped
- 1 teaspoon lime juice
- 1 teaspoon fresh cilantro, chopped

PREPARATION: 10 MINUTES

COOKING: 10 MINUTES

4 SERVINGS

MAKES 12 MINI-CUPS

## Nutrient Analysis

PER SERVING (3 mini-cups)

Renal exchange:

1 Protein + 1 Starch

Calories	<b>135Kcal</b>
Protein	<b>7g</b>
Carbohydrates	<b>18g</b>
Fibre	<b>1.1g</b>
Total Fat	<b>4g</b>
Saturated Fat	<b>0.6g</b>
Cholesterol	<b>36mg</b>
Sodium	<b>171mg</b>
Potassium	<b>118mg</b>
Phosphorus	<b>73mg</b>

## PREPARATION

- 1** Preheat oven to 350° F (conventional oven).
- 2** Brush wontons with olive oil and press into mini muffin cups.  
Bake for approximately 5 minutes or until they turn golden brown.
- 3** Heat olive oil in a frying pan and saute shrimp with the chili powder until they turn pink and opaque.
- 4** In a mixing bowl, combine corn, red pepper, garlic, jalapeno, onion, lime juice, and cilantro.
- 5** Fill wonton tacos with corn salsa and top with a shrimp.

*Baked Wonton cups can be made ahead of time. They can be the basis for many appetizers.*

*Examples: Fill them with your favourite dips and garnish with a vegetable.*

*When you brush them with olive oil and herbs before baking they make homemade chips, which can be enjoyed as a snack without any other ingredients.*