



**CENTRAL  
STATE UNIVERSITY**

## **Shrimp Tacos with Ginger Mango Salsa**

*Recipe contributed by Kathy Copeland and Della Hicks, EFNEP Educators*

Makes 6 servings | Serving size: 1 wrap

### **Ingredients for Shrimp**

- 4 tablespoons smoked paprika
- 1 tablespoon oregano
- 1 teaspoon chipotle chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne red pepper
- ¼ teaspoon dry mustard
- 1 tablespoon olive oil
- 1 pound medium shrimp, deveined
- 6 corn tortillas (can also use whole wheat tortilla or lettuce leaves to make a wrap)

### **Ingredients for Ginger Mango Salsa**

- 1 medium mango, diced
- ½ medium cucumber, diced
- ¼ teaspoon fresh ginger, minced
- ½ teaspoon chili powder
- 1 tablespoon cilantro, minced

### **Directions**

1. In a medium bowl, mix paprika, oregano, chipotle chili powder, garlic powder, red pepper, and dry mustard.
2. Add raw shrimp. Coat thoroughly.
3. In a small bowl, combine ingredients for salsa. Cover and chill.
4. In a large skillet, heat olive oil over medium heat. Add shrimp and cook until pink.
5. Divide shrimp between 6 tacos (or wraps). Top with salsa.

Nutrition information per serving: 178 calories, total fat 5 g, saturated fat 1 g, protein 13 g, total carbohydrate 23 g, dietary fiber 4.5 g, sodium 465 mg. Excellent source of vitamins A and C. Good source of iron.