

TLC SHRIMP TACOS

- juice and zest from 1 fresh lime - about 2- 3 Tb. juice, and scant 1 Tb. zest
- 3 tablespoons sour cream
- equivalent of 1 tsp. sugar (I used 3 drops fiberfit)
- salt and black pepper to taste
- 1-1/2 cups napa cabbage, shredded
- 1/3 cup chopped onion
- 1/4 cup coarsely chopped (mostly just well-bruised) fresh cilantro leaf
- 1 jalapeño pepper, seeded and minced
- 1/2 pound pre-cooked shrimp
- 1-1/2 cups cheddar cheese, divided

In a medium bowl, whisk the lime juice and zest with the sour cream, sweetener, and 1/2 teaspoon salt plus 1/4 - 1 teaspoon black pepper.

Add the cabbage, onion, cilantro, and jalapeño, and toss to combine. Chop the shrimp roughly and toss in a hot skillet just until warm. Add to the slaw mixture and stir. Let sit for 5 minutes.

Prepare two individual [cheese crisps](#), form into taco shapes, and divide the shrimp mixture between the two crisps, or simply roll them into soft taco shapes for less mess while eating.

Serves 2 decadently. No more than 30 minutes prep/cook time, total

PER SERVING - **7.2 net carbs** with 573 calories: 38g total fat (23.6g saturated, 10.6g monosaturated); 9.6g carbohydrates (2.4g fiber; 3.1g sugar); 48.8g protein

In case you'd like to prepare this with a different sort of wrap:

FILLING ONLY, per serving: 5.8g net carbs with 173 calories: 5.1g fat; 7.7g carbohydrates (1.9g fiber; 2.4g sugar); 24.2g protein

