



Elliott Evans Nutrition, LLC
Prevent and Protect
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SHRIMP AND AVOCADO SALAD WITH CRISPY TORTILLAS

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Serves 4

- 6** corn tortillas, sliced into strips
- 5** tablespoons olive oil
- 1 ½** pounds peeled and deveined large shrimp
- ½** teaspoon ground cumin
- 2** tablespoons fresh orange juice
- 2** tablespoons fresh lime juice
- Kosher salt and black pepper**
- 2** romaine hearts, thinly sliced (about 5 cups)
- ¼** small cabbage, thinly sliced (about 3 cups)
- 1** avocado, sliced
- ¼** cup roasted pepitas (hulled pumpkin seeds)

- Heat oven to 400. On a rimmed baking sheet, toss the tortilla strips with 1 tablespoon of the oil and ¼ teaspoon salt. Spread in a single layer and bake, tossing once, until golden and crisp, 7-10 minutes.
- Meanwhile, in a large bowl, toss the shrimp with the cumin and ¼ teaspoon each salt and pepper. Heat 1 tablespoon of the remaining oil in a large skillet over medium-high heat. Cook the shrimp until golden and cooked through, 2 to 3 minutes per side.
- In a large bowl, combine the orange and lime juices with the remaining 3 tablespoons of oil, ½ teaspoon salt, and ¼ teaspoon pepper. Add the romaine, cabbage, avocado, and shrimp and toss to combine.
- Serve the salad topped with the tortilla strips and pepitas.

Make-ahead tip: Make the salad (without the parsley and tarragon) up to 6 hours in advance; refrigerate. Bring to room temperature and fold in the herbs before serving.