

Coconut Lime Shrimp Salad over Corn Maque Choux

Recipe by Laurel Blackerby, MS, Delcambre Market Nutrition & Health Expert

INGREDIENTS

- 1 lb Louisiana shrimp, peeled and deveined
- 2 tsp Cajun 180 La Cajun Gold
- 1/2 cup sliced grape tomatoes
- Sauce:
 - 1/2 cup coconut milk
 - 1 Tbsp Tequila
 - 1 Tbsp lime juice
 - 1 Tbsp Light Agave syrup
 - 4 Tbsp chopped cilantro, divided
- Optional:
 - 6 C Corn Maque Choux

DIRECTIONS

1. Gently poach shrimp in salted water and remaining La Cajun Gold seasoning.
2. Make the sauce by blending all ingredients and half of the cilantro. Set aside.
3. Chop shrimp in 1/2 inch pieces. Toss with tomatoes and coconut sauce.
4. Plate shrimp salad mixture over Corn Maque Choux, either plain like ceviche, over salad greens, or baguette bread. Garnish with remaining cilantro and serve.



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HEALTHY SWAPS

- **Lower Fat:** Use Low-fat coconut milk. 120 Calories. 2g Fat (0g Saturated fat, 145mg Cholesterol.) 920mg Sodium. 7g Carbohydrates (0g Fiber, 5g Total sugar.) 15g Protein.
- **Lower Carbohydrate:** Use zero-sugar liquid sweetener and unsweetened coconut milk. 100 Calories. 2g Fat (1g Saturated fat, 145mg Cholesterol.) 920mg Sodium. 2g Carbohydrates (0g Fiber, 1g Total sugar.) 15g Protein.
- **Lower Sodium:** Use salt substitute and salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” to reduce sodium to 645mg. Substituting crawfish to further reduce sodium. 180 Calories. 7g Fat (5g Saturated fat, 0mg Cholesterol.) 220mg Sodium. 6g Carbohydrates (0g Fiber, 4g Total sugar.) 21g Protein.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.
- **Note:** Serving with 1 cup of Corn Maque Choux will macros by 145 Calories. 5g Fat (1g Saturated fat, 0mg Cholesterol.) 390mg Sodium. 24g Carbohydrates (4g Fiber, 5g Total sugar.) 3g Protein.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	4 servings per container Serving size 1/2 Cup Calories per serving	Total Fat 7g		9%		Total Carbohydrate 7g		3%
Saturated Fat 5g			25%		Dietary Fiber 0g		0%	
Trans Fat 0g					Total Sugars 4g			
Cholesterol 145mg			48%		Includes 0g Added Sugars		0%	
Sodium 920mg			40%		Protein 16g		32%	
Vitamin D 0mcg		0%		Calcium 9mg	0%	Iron 1mg	6%	
Potassium 120mg		2%						

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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