



LETTUCE WRAPPED SHRIMP TACOS W/ CREAMY CORN SALSA



PROTEIN



4 SERVINGS



15 MIN

For the Creamy Corn Salsa:

- 1 can (15 oz) whole kernel corn, drained and rinsed
- 2 tbsp mayonnaise
- 1/2 tbsp ground cumin
- 1/2 cup fresh cilantro, chopped
- 1 tsp smoked paprika
- Optional: A squeeze of lime juice for acidity

For the Tacos:

- 1 lb large shrimp (peeled and deveined)
- 1 tbsp olive oil (for grilling)
- Salt and pepper to taste
- 1-2 heads of Romaine lettuce (use the sturdy inner leaves)
- Pickled red onions (for topping)

Directions:

- Prepare the Salsa: In a medium bowl, combine the drained corn, mayo, cumin, chopped cilantro, and smoked paprika. Stir until the corn is evenly coated. Set aside in the fridge to let the flavors meld.
- Grill the Shrimp: Toss the shrimp with olive oil, salt, and pepper. Grill over medium-high heat for about 2-3 minutes per side until pink and opaque.

Assemble:

- Lay out a Romaine lettuce leaf.
- Place a generous spoonful of the corn salsa at the base of the leaf.
- Top with 4-5 grilled shrimp.
- Garnish with a few slices of pickled red onion.

Cooking Tips:

- *Corn Texture:* For a more "charred" flavor, you can quickly sauté the canned corn in a dry pan until it gets a few golden-brown spots before mixing it with the mayo.
- *Lettuce Selection:* If the Romaine leaves feel too flimsy, double them up to create a sturdier "shell" that can hold the weight of the shrimp.
- *Shrimp Seasoning:* Since the salsa has smoked paprika, you can also add a pinch of cumin or chili powder to the shrimp before grilling to deepen the flavor profile.

NUTRITION INFO:

ENERGY: 115 KCAL FAT: 4G CARBS: 8G PROTEIN: 12G FIBER: 2G SUGAR: 3G

The Holistic Glow: Lettuce-Wrapped Shrimp Tacos with Creamy Corn Salsa

When we look at food through a holistic lens, we see more than just calories; we see fuel that supports our body's natural rhythm. These Lettuce-Wrapped Shrimp Tacos are a beautiful example of how simple, whole-food ingredients can offer both culinary delight and functional benefits.

By swapping traditional tortillas for crisp Romaine lettuce, you aren't just lowering the energy density to 115 kcal per taco—you are increasing your intake of hydration and chlorophyll.

A Holistic Look at the Ingredients

- **Wild-Caught Shrimp:** A clean source of high-quality protein (12g per taco), which is essential for muscle repair and neurotransmitter support.
- **Smoked Paprika & Cilantro:** These aren't just for flavor. Cilantro is often celebrated in holistic practices for its potential to support the body's natural detoxification processes, while paprika provides a boost of antioxidants.
- **Corn & Pickled Onions:** The corn provides fiber for digestive health, while the pickled onions offer a bright, acidic pop that can help stimulate digestive enzymes.
- **Romaine Lettuce:** Using the sturdy inner leaves provides a mineral-rich "shell" that keeps the meal light, preventing that heavy, post-meal "slump".

Mindful Preparation

The beauty of this recipe lies in its efficiency. In just 15 minutes, you can prepare a meal that respects your time and your health. The Creamy Corn Salsa combines the sweetness of the corn with the earthy warmth of smoked paprika, creating a balanced flavor profile that satisfies the palate and reduces the craving for processed additives.

Whether you're looking for a quick weeknight dinner or a light weekend lunch, these tacos are sure to become a staple in your rotation.