

Mexican Shrimp Skillet

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1.25 cups

Amount Per Serving

Calories 257

Calories from Fat 23

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 2%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 183mg 61%

Sodium 1037mg 45%

Total Carbohydrate 33g 11%

Dietary Fiber 10g 41%

Sugars 5g

Protein 31g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 tsp olive oil
- 1/4 cup red onion, diced
- 1 poblano pepper, diced
- 1 lb shrimp, peeled and deveined
- 2 garlic cloves, minced
- 1 oz taco seasoning (store bought or homemade, I like Trader Joe's)
- 1 cup corn
- 14 oz canned black beans, rinsed and drained
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cilantro, chopped
- 1 lime, juice

Directions

- 1 Heat the olive oil over medium high heat.
- 2 Add the onion and pepper. Cook for 4-5 minutes until onion begins to be translucent.
- 3 Add the shrimp to the pan. Cook for 2 minutes on one side. Flip and cook for one more minute until just opaque.
- 4 Add the garlic and taco seasoning. Stir well and cook for 30 seconds until garlic is fragrant.
- 5 Add the corn, black beans, and cherry tomatoes. Stir to warm through.
- 6 Top with cilantro and fresh lime juice.

Notes

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WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

