

Rush Hour Recipes

Health Dynamics LLC

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Shrimp Tacos and Curried Tofu

Shrimp Taco Bar with Avocado Cream and Coleslaw

Make the slaw first so flavors have a chance to combine, and shrimp last, so it can be served warm. The filling is enough for 8 taco shells. You can use soft or crunchy. Coleslaw can be served as a side, or as a topping for tacos.

Coleslaw

14oz bag pre shredded coleslaw mix

1 cup non fat Greek yogurt

1/2 tsp ground cumin

2 tbsp apple cider vinegar

Pinch of sea salt

-Combine all ingredients in medium bowl and serve

Avocado Cream

2 avocados, peeled, pitted and mashed

4 scallions, finely chopped

1 clove garlic, crushed

1/2 cup fresh basil, chopped

Pinch of sea salt

Juice of 1/2 lemon

-Combine all ingredients in medium bowl and serve

Shrimp

2 tbsp vegetable oil

1# small wild caught shrimp, peeled and deveined

1 tbsp chili powder

Sea salt to taste

Juice of 1 lime

-In a medium skillet, sauté shrimp in oil until pink, stir in chili, salt and lime, and serve

Additional toppings for taco bar:

1 large tomato, chopped

1 cup no salt added canned black beans, drained and rinsed

Pre-Meal Prep Tips: Purchase peeled and deveined shrimp, and defrost in the frig in advance. Prep slaw, drain/rinse black beans, chop all veggies the night before, except avocado (it will brown). Store all covered in containers in the frig.

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Shrimp Tacos and Curried Tofu

Curried Spinach and Tomato Tofu with Whole Grain Naan Bread

You can substitute chicken, tofu, or a 15oz can chick peas for an alternate protein item. Commercially prepared Naan bread is often high in fat. To lower the fat and calories, substitute whole grain toasted pita

Ingredients:

2 tbsp vegetable oil
1 large sweet onion, peeled and sliced
4 cloves garlic, chopped
1" piece of fresh ginger, peeled and chopped
2 tbsp curry powder*
Pinch of sea salt, or your favorite salt
1# firm tofu
2 tbsp tomato paste
2 cups low sodium vegetable broth
16oz bag prewashed fresh spinach
1 cup frozen peas, thawed

- In a large skillet (preferably non-stick), sauté onion, garlic, and ginger in oil over medium heat
- Meanwhile, drain and cube tofu, and fold into skillet
- Fold curry and salt into skillet, and sauté until tofu begins to brown, about 5 minutes
- Place tofu mixture into a bowl and set aside
- In same skillet over medium heat, add tomato paste and vegetable broth, stirring to incorporate, then add spinach and peas, and simmer until spinach wilts
- Add tofu back into skillet, stir to combine, and heat through
- Divide amongst four bowls, and serve with whole grain Naan bread

*Some curry powders have salt added - be sure to use a salt free curry for this dish