

Recipe of the Month

Blackened Shrimp Tacos

There is nothing better than seafood during summer to make you feel like you're at the beach. These blackened shrimp tacos are my daughter Sarah's favorite summer meal. She says ditch the sauce for a lighter version of this delicious dinner. A nice alternative is a fresh pico de gallo.

Sauce

- 2 tablespoons buttermilk
- 2 tablespoons canola mayonnaise
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon white vinegar
- 2 ounces queso fresco, crumbled (about 1/2 cup)

Tacos

- 2 teaspoons paprika
- 1 1/2 teaspoons cumin, ground
- 3/4 teaspoon garlic powder
- 1/2 teaspoon oregano, dried
- 1/4 teaspoon salt
- 1/4 teaspoon thyme, dried
- 1/4 teaspoon ground red pepper
- 1 lb medium shrimp, peeled and deveined
- cooking spray
- 8 (6 inch) corn or flour tortillas
- 1/2 cup plum tomato, diced
- 1 ripe avocado, peeled and roughly mashed

DIRECTIONS

1. Combine first 5 ingredients in a small bowl; set aside.
2. Combine paprika and next 6 ingredients in a large zip-top plastic bag. Add shrimp to bag; seal and shake well to coat. Remove shrimp.
3. Heat a grill pan over high heat. Coat pan with cooking spray. Add shrimp; cook 2 minutes per side or until done.
4. Working with 1 tortilla at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Divide shrimp evenly among tortillas; divide tomato, avocado, and sauce evenly among tacos.

