



# Blackened Shrimp Wonton Cups



1/6th of recipe (2 wonton cups): 90 calories, 1.5g total fat (0.5g sat. fat), 264mg sodium, 9.5g carbs, 1g fiber, 1g sugars, 8.5g protein

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**Prep:** 15 minutes    **Cook:** 15 minutes



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## Ingredients

### Cups

- 12 small square wonton wrappers (refrigerated and stocked with the tofu)
- 12 raw large shrimp (about 6 oz. total), peeled, tails removed, deveined
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. ground cumin
- 1/8 tsp. chili powder
- Dash cayenne pepper
- Dash each salt and black pepper
- 1 1/2 cups finely chopped lettuce
- 1 tbsp. finely chopped fresh cilantro

### Sauce

- 2 tbsp. light sour cream
  - 1 oz. (about 2 tbsp.) mashed avocado
  - 1 1/2 tsp. finely chopped fresh cilantro
  - 1 tsp. lime juice
  - 1/8 tsp. salt
- Serving suggestion: lime wedges

## Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Meanwhile, in a small bowl, mix sauce ingredients until uniform.

In a medium bowl, coat shrimp with seasonings. Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook and flip shrimp for about 4 minutes, until cooked through and blackened.

Evenly fill wonton cups in this order: lettuce, sauce (about 1 tsp.), shrimp, and cilantro.

**MAKES 6 SERVINGS**

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