

Shrimp and Kale Taquitos

Serves: 16 taquitos Print

Ingredients:

- 1 tbsp olive oil
- 1 lb raw shrimp, peeled, deveined, and tails off
- 2 cups packed kale, chopped
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp chili powder
- juice 1 lime
- 1 cup pepperjack cheese, shredded
- 16 corn tortillas
- 3 tbsp-1/4 cup water
- salt, to taste
- cooking spray
- sour cream, for serving

Directions:

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil, and spray with cooking spray. Heat olive oil in a non stick skillet over medium high heat. Add shrimp, cumin, garlic powder, and chili powder, and toss to combine. Cook shrimp 2-3 mins per side until pink and fully cooked through. Remove shrimp from skillet, and set aside.
2. Add 3 tbsp water and kale to hot skillet. Scrape up the browned seasonings from the bottom of the pan. Saute 3-4 mins until kale is wilted. Add more water if the pan seems too dry, and the kale is not wilting. Remove from heat, and place kale in a mixing bowl. Chop shrimp in to small pieces, and add to kale. Add juice of one lime, and toss to combine.
3. Heat corn tortillas in the microwave with a damp paper towel over top for 30 seconds. Stuff tortillas with 1-2 tbsp of shrimp mix in a line across the center, and top with shredded pepperjack. Roll tightly in to a cigar shape. Place on prepared baking sheet, and repeat until all tortillas have been rolled.
4. Spray tops of taquitos with cooking spray, making sure to get the sides, as well. Top each taquito with a pinch of salt. Bake for 12-15 mins. Serve with sour cream!

Recipe notes:

*If you're not a fan of kale, you could use spinach too.

*These are a great (and sneakily healthy) appetizer, but you could serve them as a meal with some fruit on the side. 3 taquitos would equal 1 serving.

*The aluminum foil is not required, but it makes for easier clean up. Spraying the pan and taquitos with cooking spray is a necessary step though! That's how our taquitos get nice and crispy.