

SHRIMP-AND-GUACAMOLE TOSTADAS

- 30 medium shrimp, peeled and deveined (about 1 pound)
- 2 tablespoons chili powder
- $\frac{1}{2}$ teaspoon salt
- Cooking spray
- 6 (6-inch) corn tortillas
- $\frac{2}{3}$ cup Monte Albán Guacamole
- $\frac{1}{4}$ cup chopped green onions

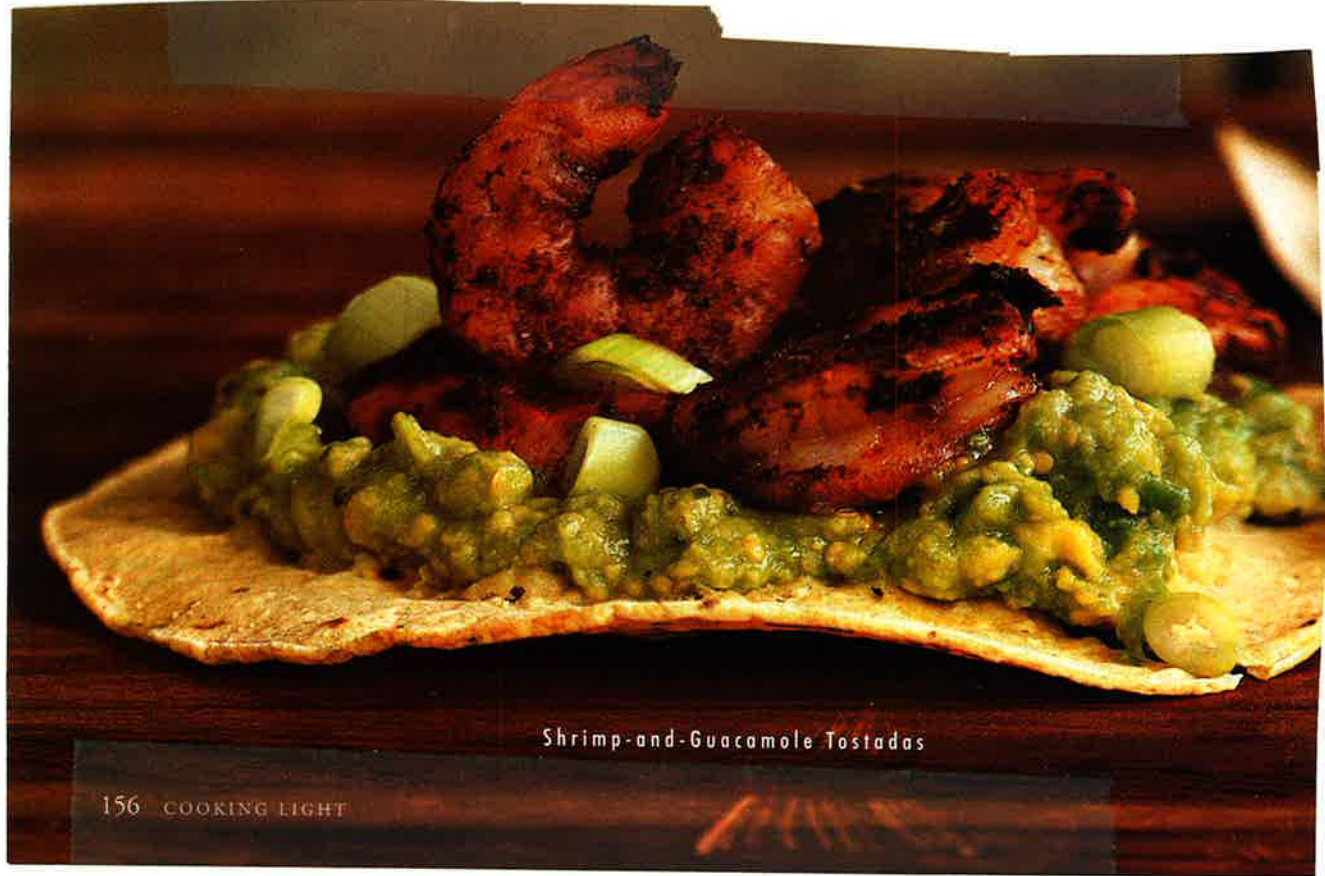
1. Prepare grill or broiler.
2. Thread 5 shrimp onto each of 6 (12-inch) skewers. Combine the chili powder and salt; sprinkle both sides of shrimp with the chili powder mixture. Place in a shallow baking dish; cover and marinate

in refrigerator 15 minutes. Place kebabs on a grill rack or broiler pan coated with cooking spray; cook 2 minutes on each side or until done.

3. Preheat oven to 350°.

4. Place the tortillas directly on the middle rack in oven. Bake at 350° for 7 minutes (tortillas should still be slightly pliable). Top each tortilla with about 2 tablespoons Monte Albán Guacamole and 5 shrimp. Sprinkle evenly with green onions. Yield: 6 servings.

CALORIES 161 (30% from fat); FAT 5.4g (sat 0.9g, mono 2.4g, poly 1.3g); PROTEIN 13.8g; CARB 15.7g; FIBER 3.4g; CHOL 86mg; IRON 2.4mg; SODIUM 393mg; CALC 87mg



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