

# Tropical Tex-Mex Shrimp Fajitas

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: 2 tortillas with ~1 cup of the fajita mixture

## Ingredients

1 tablespoon cornstarch  
2 teaspoons chili powder  
1 teaspoon paprika  
½ teaspoon onion powder  
½ teaspoon garlic powder  
¼ teaspoon cayenne  
½ teaspoon ground cumin  
3 teaspoons oil, divided  
1 pound frozen shrimp, peeled and deveined, thawed  
2 cups chopped pineapple  
1 onion, thinly sliced  
1 bell pepper (any color), cut into strips  
10 whole-wheat tortillas  
Optional toppings: Fresh cilantro, avocado slices, Pico de Gallo, plain Greek yogurt or nonfat sour cream

## Directions

1. In a small bowl, mix together the cornstarch, chili powder, paprika, onion powder, garlic powder, cayenne, and cumin.
2. In a separate large bowl, add 1 tablespoon of the seasoning mixture and the shrimp. Mix until coated, then set aside.
3. Heat 1 teaspoon of the oil in a large skillet over high heat.
4. Add the pineapple to the skillet in a single layer. Let the pieces get a little charred before moving them around, then stir and cook again until browned in spots. Transfer to an empty bowl and set aside.
5. Add 1 teaspoon of the oil to the same now-empty skillet.
6. Add the bell peppers. Once the pieces are browned in spots, add the onion and remaining seasoning mixture. Cook, stirring often, until tender. Transfer to the bowl with the pineapple and set aside.
7. Heat the remaining 1 teaspoon of oil in the same skillet.
8. Add the shrimp, spreading them out into a single layer. Cook until they just turn pink, about 3-4 minutes.
9. Add the pineapple, bell peppers, onion back into the skillet with the shrimp.
10. Cook, stirring constantly, until everything is sizzling, about 2 more minutes.
11. Meanwhile, wrap the tortillas in a damp paper towel and microwave until warm, about 30 seconds.
12. Serve ½ cup of the fajita mixture onto the warmed tortillas.
13. Serve warm, topping as desired.

Nutrition Facts Per Serving: Calories: 415 | Total Fat: 7 g | Saturated Fat: 1 g  
Sodium: 495 mg | Total Carbohydrate: 60 g | Dietary Fiber: 9 g | Protein: 30 g

Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com) | Submitted by Jessica Long, MS, RDN, CD  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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