

Surf and Turf Tacos!

2 hard corn tortilla shells

2 tbsp Salsa Fresca (see below)

2 tbsp Green Guacamole (see below) 1 tbsp feta cheese 4 Grilled jumbo shrimp (tossed in a spice mix of chili powder, paprika, cumin, pepper, garlic powder, oregano, smoked sea salt and powdered ginger) 1oz Grilled organic rib steak (same spice rub as shrimp)

After grilling the steak and shrimp to taste, peel 4 shrimp and chop, slice steak thinly and measure 1oz. Distribute the ingredients between the 2 warmed taco shells and enjoy! 333 calories total.

Salsa Fresca:

Cored, diced vine-ripened tomatoes

Chopped white onion

Crushed garlic

Chopped whole fresh jalapeño peppers (we like heat so we leave the seeds in)

Chopped cilantro

Juice of at least 1 lime

Sea salt

Green Guacamole:

Avocado, mashed with...

Chopped green onion

Chopped cilantro

Chopped fresh jalapeño

Juice of at least one lime

Sea salt and pepper

(If you're anti-beef, substitute for skinless chicken breast and use an ounce per taco shell)