

Cooking Show



Sweet Heat Shrimp Tacos with a Tropical Twist

Bold honey-chipotle shrimp brings just the right spice balanced with a tangy lime kick, all tucked into tortillas and topped with a refreshing avocado mango salsa. These tacos are as nourishing as they are delicious: shrimp offers a lean source of protein, avocado is packed with heart-healthy fats, and mango adds a dose of immune-boosting vitamins. Perfect for your next taco night or summer gathering, this dish is a nutritious way to enjoy bold flavors with a tropical flair!

Thursday, August 28
Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and you'll be entered in a raffle for a free cookbook!

Questions? Contact wellness@phs.org



***Honey chipotle lime
shrimp tacos with
avocado mango salsa***