



Happy April everyone! For those of you doing Biggest Loser – we only have about 4 weeks left! Crazy how time flies – I cannot wait to see the results. For those of you who are not doing the Biggest Loser but are doing well with the program, congratulations! Just another month closer to reaching your goal. If you have not been in the office for the Wellness Program but are ready to get back on track as the weather is changing and making it easier to get outside – you can contact wellness@silverpinedocs.com or leave a voicemail at 586-726-4823 ext. 2023 and/or, contact the scheduling department and we will be more than happy you get you back on track ☺

Need a quick, easy and delicious meal? Here is a recipe for Crunchy Chili Lime Shrimp!

Ingredients:

- 2 pounds uncooked shrimp (26-30 per pound), peeled and deveined
- 4 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon ground ancho chile pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium lime
- 1 cup crushed tortilla chips
- 1/4 cup chopped fresh cilantro
- 1/4 cup olive oil
- 1 cup cherry tomatoes, halved
- 1 medium ripe avocado, peeled and cubed
- Optional: Additional lime wedges and cilantro



Directions:

- Preheat oven to 425°. Place the first 7 ingredients in a greased 15x10x1-in. pan. Finely grate zest from lime. Cut lime crosswise in half; squeeze juice. Add zest and juice to shrimp mixture; toss to coat.
- In a small bowl, combine crushed chips, cilantro and oil; sprinkle over shrimp mixture. Bake until shrimp turn pink, 12-15 minutes. Top with tomatoes and avocado. If desired, serve with additional lime wedges and cilantro.
- To cut back on the fat, decrease the amount of oil and avocado used!

1 serving: 230 calories, 13g fat, 10g carbohydrate, 20g protein.