Tons of flavor in this quick, anti-inflammatory turmeric garlic shrimp dish! The perfect balance of flavors – ready in under 30 minutes. A lot of you have been asking for anti-inflammatory recipes, and I have many on my site, I just have to go through them to label them so I thought I would start with this one. This healthy turmeric garlic shrimp is made with a colorful raw cabbage and mango salad and lime dressing. It’s colorful and vibrant, loaded with anti-inflammatory ingredients like olive oil, turmeric, mango and red cabbage. Many of the ingredients you listed have anti-inflammatory properties and offer various health benefits: I seasoned the shrimp with turmeric, cumin and red pepper flakes, then gave it a quick saute with garlic and finished it with some fresh lime juice and cilantro. To balance out the heat (it’s mild, although you can make it spicier or leave milder to your taste) I served this over a quick slaw with sweet mango, red cabbage and lime juice. My husband gave it two thumbs up! Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!