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APPETIZERS / LUNCH / SIDES / SNACKS / MARCH 14, 2016

## 20-Minute Zesty Shrimp Lettuce Wraps



Make a light and flavorful meal with this lettuce wrap recipe featuring lean shrimp with carrots, bell peppers, black beans and lemon-juice. Fresh shrimps takes very little time to cook, but you can shave even more time off prep by buying pre-cooked shrimp at the supermarket. Want to

heat up your colorful meal? Stir in 1/2 to 1 minced fresh jalapeño.

## 20-Minute Zesty Shrimp Lettuce Wraps

### Ingredients

- 3/4 pound (340 grams) cooked, peeled and deveined small or medium shrimp
- 1 large (70 grams) carrot, peeled and shaved with vegetable peeler or grated
- 1 small (75 grams) yellow bell pepper, finely chopped
- 1/2 cup (120 grams) rinsed and drained no-salt-added canned black beans (certified gluten-free if necessary)
- 1/4 cup (5 grams) fresh cilantro leaves
- 1/2 teaspoon grated lime rind
- 1/4 cup (60 grams) fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 12 to 24 large (180 to 360 grams) Boston or butter lettuce leaves, rinsed and patted dry\*

### Directions

Combine all ingredients except lettuce in a medium bowl. (Mixture may be chilled until ready to serve.) Spoon 1/3 cup shrimp salad into each lettuce leaf. Serve immediately.

\* If lettuce leaves are small, stack two together before filling.

### Nutrition Information

**Serves: 4 | Serving Size: 3 filled lettuce wraps**

**Per serving:** Calories: 130; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 115mg; Sodium: 436mg; Carbohydrate: 10g; Dietary Fiber: 3g; Sugar: 3g; Protein: 15g

**Nutrition Bonus:** Potassium: 344mg; Iron: 4%; Vitamin A: 65%; Vitamin C: 28%; Calcium: 7%