

Healthy Recipes

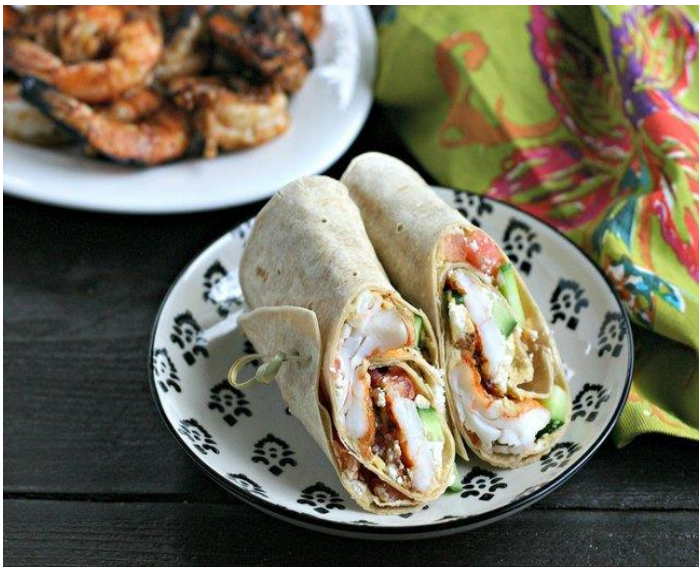


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Mediterranean Shrimp Wraps

Nutritional Info



Serving Size: 1 Wrap

Calories: 347
Fat: 11g
Carbohydrates: 39g
Sugar: 11g
Sodium: 368mg
Fiber: 7g
Protein: 27g
Cholesterol: 165mg

Method

Prep time: 10 minutes

Total time: 15 minutes

Makes: 4 Servings

1. Put shrimp in a pan on medium heat, add 1/2 tbsp of olive oil. Sauté shrimp for 3-5 minutes.
2. While shrimp is cooking, mix together the remaining olive oil, lemon juice, garlic powder and black pepper for the dressing in a small bowl.
3. Stuff each tortilla with 1 cup romaine lettuce, 1/4 of the onions, 1/4 cup tomatoes, 1/4 of the shrimp, 1/4 of the peppers, 1/2 tbsp feta cheese, and 1/2 tbsp dressing.

Ingredients

- ♥ 4 Whole Wheat Tortilla
- ♥ 4 cups Romaine Lettuce
- ♥ 1 Sweet Onion
- ♥ 1 cup Diced Tomatoes
- ♥ 12 oz. Shrimp
- ♥ 1 Green Bell Pepper (Sliced)
- ♥ 2 tbsp Feta Cheese
- ♥ 1 1/2 tbsp Extra Virgin Olive Oil
- ♥ 2 cups Lemon Juice
- ♥ 1/2 tsp Garlic Powder
- ♥ 1/4 tsp Black Pepper

Helpful Hint: *This is a super simple lunch idea that you can prep ahead of time if you are short on time at lunch or don't have access to a kitchen. The shrimp can also be subbed out for chicken, ground turkey or chickpeas if you'd like a different source of protein.*

