

Looking for a low-calorie entrée? These shrimp wraps, brought to you by Emory Heart & Vascular are a hit at parties, and they're simple to make – and delicious. This isn't your average veggie wrap, this shrimp wrap recipe doesn't skimp on the seasoning!

Ingredients:

- 1 pkg whole wheat tortilla wraps
- 1, 1-lb. package shrimp (uncooked), deveined, and cut into thirds
- 1 medium red bell pepper (chopped)
- 1 medium green bell pepper (chopped)
- 1 medium yellow bell pepper (chopped)
- 3 minced garlic cloves (fresh)
- 2 Tbsp extra virgin olive oil
- Sea salt, to taste
- 1 cup salsa
- 2 stalks scallions, chopped fine
- 2 cups finely shredded romaine lettuce

Preparation:

Place olive oil into skillet. Add garlic and peppers; cook on medium heat until soft (2-3 minutes). Add shrimp and salt; sear for 2-4 minutes. Do not overcook. Place tortilla wrap onto plate or tray. Add ½ cup lettuce and ½ cup shrimp; sprinkle with scallions and top with salsa. Roll into wraps. Alternates: You can add chopped radishes and low-fat cheese, as well as low-fat, low-calorie ranch dressing. Serve with cucumber salad or soup.

Yield: 6 servings (serving size: 1 cup)

Nutritional Data Per Serving

- Calories: 253
- Fat: 7.2 grams (26% of calories)
- Cholesterol: 111 mg
- Sodium: 613 mg

