

Chipotle Shrimp Lettuce Wraps

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Yield

Serves 4 (serving size: 2 wraps)

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COOKING LIGHT

Ingredients

2 cups shrimp mixture (about 24 shrimp) from Chili-Garlic Shrimp with Coconut Rice and Snap Peas*

1/3 cup chopped English cucumber

1/3 cup chopped red bell pepper

1/4 cup plain fat-free Greek yogurt

1 teaspoon minced chipotle chile in adobo sauce ← This is pretty spicy. Don't be tempted to use much more than this.

1/4 teaspoon kosher salt ←

2 ripe avocados, peeled and chopped

1/4 cup unsalted pumpkinseed kernels

8 butter lettuce leaves

4 lime wedges

Nutritional Information

Calories 251, Fat 14.6g, Saffat 2.1g, Monofat 8.6g, Polyfat 2g, Protein 17g, Carbohydrate 16g, Fiber 6g, Cholesterol 119mg, Iron 1mg, Sodium 365mg, Calcium 83mg.

How to Make It

Coarsely chop shrimp mixture (about 24 shrimp) from Chili-Garlic Shrimp with Coconut Rice and Snap Peas. Combine shrimp, cucumber, and bell pepper in a medium bowl. Combine yogurt, minced chipotle chile, and salt in a small bowl, stirring with a whisk. Add yogurt mixture to shrimp mixture; stir to combine. Fold in avocados. Heat a small dry skillet over medium-high heat. Add pumpkinseed kernels to pan; sauté 4 minutes or until toasted. Arrange butter lettuce leaves on a platter. Divide shrimp mixture among lettuce leaves; sprinkle evenly with toasted - pumpkinseed kernels. Serve with lime wedges.

I skipped the salt. (Check to see if the pumpkin seeds or a dobo sauce already contain salt.)

Chef's Notes

MyRecipes is working with Let's Move!, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

* on the web page, this is a live link to a separate recipe. I didn't follow it. Instead, I just lightly ~~sauteed~~ heated in a skillet

~ 2 cups precooked, deveined, medium-sized shrimp with some chopped garlic, chopped fresh ginger, and a little olive oil, let it cool, and added it as instructed above.