



Mexi' Shrimp Salad Wrap



Entire recipe: 277 calories, 4g total fat (1g sat. fat), 730mg sodium, 40g carbs, 8g fiber, 6.5g sugars, 27g protein

Prep: 10 minutes



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Ingredients

2 tbsp. fat-free sour cream
1/2 tbsp. fresh lime juice
1/8 tsp. ground cumin
2 dashes chili powder, or more to taste
3 oz. cooked and chopped shrimp
1/2 cup finely chopped romaine lettuce
3 tbsp. fresh salsa or pico de gallo
2 tbsp. canned black beans, drained and rinsed
2 tbsp. frozen corn kernels, thawed
2 tbsp. chopped fresh cilantro
1 medium-large high-fiber flour tortilla with 110 calories or less
Optional: salt

Directions

In a large bowl, mix sour cream, lime juice, cumin, chili powder and, if you like, a dash of salt. Stir in all remaining ingredients *except* tortilla.

Spoon mixture across the center of the tortilla. Wrap tortilla up by first folding one side in (to keep filling from escaping), and then tightly rolling it up from the bottom. Enjoy!

MAKES 1 SERVING

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