



These shrimp lettuce wraps are a light, flavorful option that comes together quickly. The shrimp are seasoned with simple taco spices and paired with a fresh tomato salsa and a creamy lime yogurt sauce for balance.

INGREDIENTS

- 1 Tomato, diced
- 2 Tbsp Red onion, diced
- 1 Tbsp Fresh cilantro, finely chopped
- 1 Lime, juiced (divided)
- 1 tsp Extra virgin olive oil
- 8 oz Large shrimp, peeled
- 1 Tbsp Store-bought taco seasoning (low-salt option), divided
- 2 Tbsp Whole milk sheep yogurt (or whole milk Greek yogurt if well tolerated)
- 1 head Boston lettuce, leaves separated and washed

INSTRUCTIONS

1. In a small bowl, combine the tomato, red onion, cilantro, and half of the lime juice. Mix and set aside.
2. Heat olive oil in a skillet over medium heat. Add the shrimp and half of the taco seasoning. Cook for 2–3 minutes, until the shrimp are just cooked through.
3. In a separate bowl, mix the yogurt with the remaining lime juice and taco seasoning.
4. Divide the shrimp and tomato salsa among the lettuce leaves.
5. Serve with the lime yogurt sauce.

Tip: If saving a portion for later, store the shrimp, salsa, and lettuce leaves separately.

Nutrition (Based on 2000kcal)

169kcal/serving | **Macros:** Net Carbs 6.4 g (2.0 g fiber), Protein 29.7g, Fat 2.7 g (0.8 g saturated)

Good source (10-19% DV): Omega-3, B1 (thiamin), B2 (riboflavin), B5 (pantothenic acid), Calcium, Manganese, Sodium.

Excellent source (>20% DV): Protein, B3 (niacin), B6 (pyridoxine), B12 (cobalamin), Folate, Vitamin A, Vitamin C, Vitamin K, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc.