

Nathan's Southwest Shrimp Cabbage Wraps with Avocado-Lime Sauce

Dry ingredients:

2 lb Medium Shrimp (peeled)
½ cup Pepitas (toasted)
3 cloves Garlic (minced)
1 cup Red Bell Pepper (diced)
1 cup White Onion (diced)
1 can Reduced Sodium Black Beans (drained/rinsed)
1 cup Frozen Corn
2 tbsp Extra Virgin Olive Oil
12 leaves Napa Cabbage (sub Boston Bibb or butter lettuce leaves)
¼ cup Cilantro (coarsely chopped for garnish)



Spice Mixture:

1 tbsp Chili Powder
1 tbsp Cumin
1 tsp Salt
½ tsp Black Pepper

Avocado-Lime Sauce:

1 cup Nonfat Plain Greek Yogurt
1 Ripe Medium Avocado (mashed)
1 Lime (zested & juiced)
½ Spice Mixture
1 tbsp Honey (or Agave Nectar)

Instructions:

- 1) Combine chili powder, cumin, salt, & pepper and coat shrimp with half of the mixture. Set aside.
- 2) Combine yogurt, avocado, lime zest & juice, half of the spice mixture, and honey in a small bowl. Refrigerate until ready to use.
- 3) Prepare cabbage leaves.
- 4) Heat 1 tablespoon of olive oil in a large nonstick skillet over medium high heat. Add garlic & sauté until fragrant (1-2 minutes).
- 5) Add red bell pepper and onion and cook 2 minutes or until slightly translucent.
- 6) Add carrots and cook 1 minute.
- 7) Add corn, black beans, and pepitas and cook 3 more minutes. Salt and pepper to taste.
- 8) Transfer to large bowl and keep warm.
- 9) Wipe out pan, add remaining 1 tablespoon of olive oil. Add shrimp and cook until opaque (about 3 minutes on each side).
- 10) Fill cabbage leaf with 2/3 cup of vegetable mixture, 4-5 shrimp, and a dollop of sauce.
- 11) Optional: Garnish with fresh cilantro and a lime wedge.

Nutrition Facts (per 1 Serving)

Calories 379 • Fat 13g • Sat Fat 1.5g • Unsat Fat 8g • Protein 40g • Carbohydrates 26g
• Fiber 7g • Sugars 9g • Sodium 843mg

Time-Savers

All of the prep work can be done the night before & thrown in the refrigerator. This way, you can have dinner ready in a quick 15 minutes!

- Make spice mixture.
- Peel shrimp.
- Dice red bell pepper & onion.
- Drain & rinse black beans.
- Make sauce.
- Separate cabbage leaves, rinse, pat dry, and place between paper towels in the fridge.