



Anna Jones, MS, RDN, LD

## Shrimp, Black Bean, & Avocado Salad Wrap

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### Ingredients

3/4 pound steamed or grilled shrimp, peeled & deveined  
1 Tablespoon fresh squeezed lime juice  
1 Tablespoon extra virgin olive oil  
15 ounce can black beans, drained & rinsed  
1 red pepper, chopped  
1-2 cloves garlic, minced  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
pinch red pepper flakes or a little sriracha if you like some heat (leave it out if you don't)  
1/2 cup fresh cilantro, rinsed & coarsely chopped fresh  
1 avocado, diced  
Whole wheat tortillas (I buy the La Banderita brand)  
1 head butter lettuce

### Directions

Squeeze the lime juice in a large bowl and gradually whisk in the olive oil. Stir in all ingredient through avocado. Lay tortilla flat on plate, lay 2-3 leaves of lettuce on tortilla, and scoop salad onto lettuce. Roll up and enjoy!

Servings: 4

### Nutrition Information (with tortilla):

Calories: 406   Fat: 15 grams   Saturated Fat: 2.5 grams  
Cholesterol: 129 mg   Sodium: 766 mg   Carbohydrates: 47 grams   Fiber: 10 grams  
Protein: 28 grams