



Buffalo Shrimp Lettuce Wrap

Yield: 4 servings

Source: www.skinnytaste.com

Ingredients:

- 1 tablespoon olive oil
- 1 pound peeled and deveined shrimp, chopped
- 2 cloves garlic, minced
- 1/3 cup hot sauce
- 1 head romaine or butter leaf lettuce
- ¼ cup red onion, sliced
- 1 rib celery, diced
- ½ cup light blue cheese or ranch dressing
- Chives, garnish

Directions:

1. In a large skillet over medium heat, heat oil. Add shrimp and garlic and cook until pink or internal temperature of 145°F, about 2 minutes per side. Remove from heat and stir in hot sauce to coat.
2. Add ¼ cup of shrimp to center of lettuce leaf and top with onion, celery, dressing and chives.

Nutrition information:

Serving size: ¼ cup + 1 leaf romaine lettuce

Calories: 128

Fat: 3.5g

Sodium: 781mg

Carbohydrates: 1g

Sugar: 0g

Fiber: 0g

Protein: 22g