

## Shrimp N' Salsa Cups – by Paula Hendricks, Nutrition Consultant

This quick refreshing meal takes about five minutes to prepare, is inexpensive to make, and has a great presentation when served. Look like a gourmet chef with minimal effort! Did I mention it tastes great too? Each serving contains approximately 30 grams of protein, 10 grams of fat, and 8 grams of carbs. Enjoy on any of the Key Diets today.

### Ingredients Needed:

- 6 oz cooked bay shrimp or prawns
- 1 medium tomato, chopped
- 1/2 medium avocado, chopped
- 1/4 sweet onion, chopped
- Jalapeno peppers, as many as you like
- Fresh squeezed lime or lemon juice
- Garnish of chopped cilantro, basil or any other herb
- Butter lettuce or cabbage leaves



### Preparation:

Rinse lettuce and pat dry. Mix the chopped ingredients with the shrimp; season with salt, pepper, and fresh lime juice. Place the shrimp salsa mix atop 3 or 4 lettuce leaves. Serve chilled.

**Change it up:** If you like, toss it all in a bowl and pour over a bed of lettuce, use pre-made salsa in place of the chopped vegetables, or use chicken instead.