

Shrimp & Garlic Rolls



Makes 3 servings

Preparation: 25 min. Cook approx. 20 min.

Ingredients:

- 6 Egg Roll Wraps (Nasoya used in nutrients)
- 3 cloves garlic minced
- 6 oz shrimp
- ½ black beans
- 1 c romaine shredded lettuce
- ½ bell pepper sliced
- ½ T olive oil

Directions:

Preheat the oven to 400 degrees.

On low-to medium heat, sauté ¼ T olive oil, minced garlic, & Shrimp.

Lay out egg roll wraps. In a thin line, place a few slices bell pepper, black beans, & lettuce.

When shrimp is done cooking, cut it into little pieces. Then place in the egg roll wraps with everything else. Roll the wraps & lightly brush the tops of the rolls with remaining olive oil to seal them.

Place the rolls on a baking sheet coated with non-stick cooking spray. Bake until golden brown, approx. 10-12 min.

Nutrients: 248 calories, 19.7g protein, 34.4g carbohydrates, 3.75g fat