

## SHRIMP TACO BOWLS



### INGREDIENTS:

- 2 Low Carb/High Fiber Flour Tortillas
- 4 oz Cooked, Chopped Shrimp
- 1/4 cup Black Beans
- 1/4 cup Diced Tomato
- 1/4 cup Fat Free or Reduced Fat Shredded Cheese
- 2 tbsp Diced Peppers
- 1 tsp Taco Seasoning
- 1/2 tsp Chili Powder
- Dash Salt & Pepper
- 2 oz Avocado
- 2 tbsp Fat Free or Reduced Fat Sour Cream
- 1 tsp Chopped Cilantro

### DIRECTIONS:

1. Preheat the oven to 400°F.
2. Lightly spray both sides of the tortillas and press them into the bottom of a muffin pan.
3. Bake tortillas for about 6-8 minutes or until just golden brown on the edges.
4. Let tortillas cool.
5. Mix Together shrimp (chopped), black beans, peppers, 2 tbsp tomato, seasonings, and 2 tbsp of the cheese in a bowl.
6. Add a handful of shredded lettuce to the bottom of each tortilla.
7. Spoon mixture evenly into tortillas.
8. Top each with 1 tbsp cheese and 1 oz avocado.
9. Bake for about 6 - 8 minutes, being careful not to let the edges of the tortillas burn.
10. Remove and top each tortilla with 1 tbsp sour cream, remaining diced tomato, and cilantro.

Enjoy!

Makes 2 Taco Bowls. 1 serving = 1 Taco Bowl

Calories 207 | Protein: 24gm | Carbs: 32 gm (Net Carbs: 12gm) | Fats: 7gm