

Southwestern Shrimp and Grilled Carrots Lettuce Wraps

Healthy and Tasty Appetizer or Main Dish

Serves 4

Ingredients

2 Tablespoon Ribs Within Texas Rub

1 Tablespoon cumin

1 Tablespoon dried cilantro

1 lb 18-20 Shrimp, peeled and deveined, tail off

3 tablespoons extra virgin olive oil to coat shrimp plus one teaspoon to coat carrots.

2-3 medium carrots, peeled

1 head of Bibb or Boston lettuce, cleaned and leaves separated

2 tablespoons mayonnaise

A few Dashes of Sriracha

Soak six wooden skewers in water for 30 minutes to 2 hours before starting this process.

In a zip top bag, combine Texas Rub, cumin and cilantro and shake to combine. Add shrimp and olive oil to bag and shake and massage the bag to coat the shrimp. Refrigerate until ready to use.

In a mixing bowl combine mayo, sriracha and a dash of Texas Rub and refrigerate until ready to use.

Preheat grill on high for 5-10 minutes.

Turn to medium and clean grates. Oil grates with soaked paper towel and tongs.

In a mall bowl, coat carrots in olive oil and season with Texas Rub. Grill carrots for 6 minutes on medium turning 1/3 of the way every 2 minutes to cook all sides. Remove from grill and let cool.

Cut carrots in half long way and then cut in to long matchsticks.

Take skewers out of the water and place 4 shrimp on each skewer. Grill shrimp on medium heat for 2-3 minutes per side until shrimp are cooked through. When cool enough to handle, remove shrimp from skewers.

To serve, place a few shrimp in each piece of lettuce, top with matchstick carrots and spicy mayo, roll and eat. The rolls are delicious served warm or cold.