

## Shrimp Burritos



Serves 5

### Ingredients:

- ¼ red bell pepper, diced
- ¼ green bell pepper, diced
- 2 tbsp diced onion
- ½ tomato, diced
- 1 tsp chopped garlic
- ½ tsp dried cilantro
- ½ tsp dried basil
- ¼ tsp cumin
- 250 g cooked shrimp
- 5 flour tortillas
- ½ cup salsa
- 60 g cheddar cheese, grated

### Procedure:

- Preheat oven to 175°C/ 350°F.
- Grease a skillet with olive oil.
- Over medium heat sauté the peppers and onions until tender.
- Mix in the tomato, garlic, seasonings and shrimp.
- Sauté 1 – 2 minutes and remove from heat.
- Spoon the filling onto each tortilla.
- Roll tightly, and place seam side down in a greased baking dish.
- Pour salsa over tortillas.
- Bake for 10 minutes.
- Top with cheese and return to the oven for 5 more minutes.

### Per serving:

- Calories: 197
- Protein: 15 gm
- Carbohydrates: 23 gm
- Fat: 5 gm

This simple dish will be enjoyed by anyone who likes seafood and Mexican food.