



Swimsuit-Ready in 20 Days: Lunch Recipes

Lettuce Shrimp Wrap

- ¼ pound cooked shelled rock shrimp
- ¼ cup chopped celery
- ¼ cup chopped canned water chestnuts
- 2 to 3 tablespoons Asian dressing
- 3 leaves Boston lettuce

Combine the shrimp, celery, and water chestnuts in a medium-size bowl. Use a purchased Asian dressing or make your own using 1 tablespoon honey, 1 tablespoon soy sauce, 1 tablespoon plain rice wine vinegar, and ½ clove garlic, chopped. Add the dressing to the shrimp mixture and toss to combine. Spoon the shrimp mixture into the lettuce leaves and fold to enclose filling.

Serves: 1