



Chorizo Shrimp Flatbread



1/4th of recipe (2 pieces): 87 calories, 2.5g total fat (1g sat. fat), 382mg sodium, 7g carbs, 2g fiber, 1.5g sugars, 8.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

3 oz. raw shrimp, peeled, tails removed, deveined, chopped
1 oz. (about 2 1/2 tbsp.) soy chorizo (like the kind by El Burrito)
2 wedges The Laughing Cow Light Creamy Swiss cheese
2 tsp. grated Parmesan cheese
1/4 tsp. garlic powder
1 high-fiber flatbread (or medium-large tortilla) with 110 calories or less (like the kind by Flatout Light)
2 tsp. sriracha hot chili sauce
1 tbsp. chopped scallions

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium heat. Add chopped shrimp and soy chorizo. Cook, stir, and crumble until shrimp are cooked through and chorizo has browned, about 4 minutes.

In a small bowl, combine cheese wedges, Parmesan cheese, and garlic powder. Mix until uniform.

Lay flatbread on the baking sheet, and spread with cheese mixture, leaving a 1/2-inch border. Top with cooked shrimp and chorizo.

Bake until hot and lightly browned, 8 - 10 minutes.

Drizzle with sriracha, and sprinkle with scallions. Slice into 8 pieces.

MAKES 4 SERVINGS

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