

Lemon-Chili Shrimp Quinoa Bowls

Yield: 4 servings (1 bowl)

Ingredients

For the quinoa:

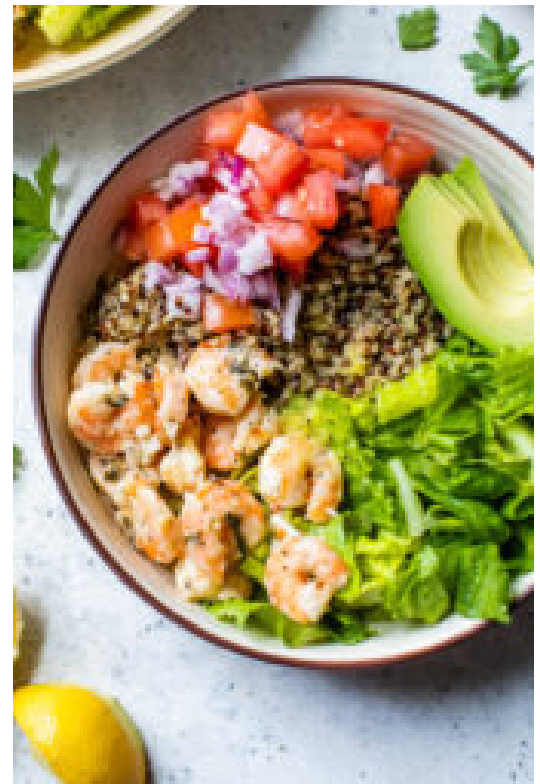
- 1 cup uncooked quinoa, tri-color or red
- 1 1/2 cups low sodium vegetable or chicken broth

Shrimp:

- 24 jumbo shrimp, peeled and deveined (20 ounces)
- 2 tablespoons olive oil, divided
- Juice and zest of 1 lemon, divided
- 1 tablespoon fresh oregano
- 1 tablespoon chopped fresh parsley
- 2 garlic cloves, minced
- 1/4 teaspoon crushed red chili flakes, or more to taste
- 1/8 teaspoon kosher salt
- black pepper, to taste

Bowls:

- 1 medium Haas avocado, pitted and sliced (yields 5 ounces)
- 4 cups chopped romaine lettuce or your favorite greens
- 1 cup diced tomato
- 1/2 cup diced red onion



*Adapted from
Skinnytaste.com
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Preparation

1. Cook the quinoa: Bring broth to a boil in a medium heavy pot. Rinse quinoa under cold water and drain well. Lower heat and cook, covered, for 25 minutes. Turn off heat and let rest, covered, for 5 minutes. Fluff with a fork.
2. For the shrimp: While the quinoa is cooking, add 2 teaspoons of the olive oil, half of the lemon juice, half of the lemon zest, oregano, parsley, garlic, chili, salt and pepper to a small bowl and mix well. Add the shrimp and toss.
3. Heat a grill pan or heavy skillet over high heat. When hot, spray with oil and add the shrimp. Cook 2 to 3 minutes on each side.
4. Divide greens into 4 large serving bowls on one half of the dish.
5. Add half the quinoa to the other half, then top with shrimp, avocado, tomato, and onion.
6. Drizzle each salad with 1 teaspoon of the remaining olive oil, salt, pepper, red chili flakes and drizzle with remaining lemon juice.

Nutritional Information: Amount per serving

- Calories: 484
- Protein: 37g
- Sodium: 308mg
- Calories from fat: 33%
- Carbohydrate: 44.5g
- Sugar: 8.5g
- Fat: 17.5g
- Fiber: 9g
- Saturated fat: 2g
- Cholesterol: 215.5