

Quinoa Salad With Lemon Shrimp

Yield: 4 servings

Ingredients

For Quinoa:

- 2 teaspoons extra virgin olive oil
- 1 cup diced red onion
- 3 garlic cloves, minced
- 1¾ cups vegetable stock or water
- 1 orange, zested and juiced - divided
- 1 cup quinoa
- 1 cup canned, no salt added, chickpeas, drained and rinsed
- 1 cup chopped cucumber
- 1 cup chopped tomato
- 2 tablespoons chopped fresh dill
- ½ teaspoon kosher salt
- ¾ teaspoon ground black pepper
- ¼ cup crumbled feta cheese

For Shrimp:

- ¾ pound raw shrimp, peeled and deveined
- 1 lemon, zested and juiced
- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon extra virgin olive oil
- 2 tablespoons dry white wine

Instructions

1. In a medium sized saucepan, heat oil over medium-high heat and add the onion and garlic. Sauté until onion becomes slightly translucent, about 2 minutes.
2. Add the vegetable stock or water and orange juice and bring to a boil. Add the quinoa, reduce heat and cover. Cook quinoa until all of the liquid has been absorbed, about 15 minutes.
3. Meanwhile, in a small mixing bowl, combine the shrimp with the lemon juice, zest, salt and pepper.
4. Once quinoa is cooked, place it in a medium sized mixing bowl and add the chickpeas.
5. In a large sauté pan, heat oil over medium-high heat. Remove shrimp from marinade and add to pan. Cook until shrimp is cooked through, about 3 minutes.
6. Remove shrimp from pan and place in a clean, small bowl.
7. Deglaze pan by adding wine and scraping the bottom of the pan. Cook until most of the wine evaporates, about 2 minutes. Put the shrimp back into the pan and stir to coat shrimp with the sauce.
8. Add shrimp to the quinoa mixture along with the cucumber, tomato, dill, orange zest, salt and pepper. Stir to combine. Garnish with the feta cheese.

Nutrition Information

Serving Size: 1½ cups

Calories: 377
Total Fat: 9 g
Saturated Fat: 2.2 g
Monounsaturated Fat: 3.7 g
Polyunsaturated Fat: 2 g
Sodium: 587 mg
Total Carbohydrate: 46 g
Dietary Fiber: 6 g
Sugars: 5.4 g
Protein: 28 g

Source: Adapted from Health meets Food

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