



## Summer Quinoa Salad with Lemon Shrimp

### U.S.

#### *For Quinoa:*

2 tsp	Olive Oil	10 mL
2-3 cloves	Garlic, chopped	2-3 cloves
1 medium	Red Onion, small diced	1/2 medium
1 3/4 cups	Vegetable Stock or Water	415 mL
1 each	Orange, zested and juiced	1 each
1 cup	Quinoa	113 g
1 cup	Chickpeas (garbanzo beans), canned, no salt added, rinsed and drained	113 g
1 each	Cucumber, washed and medium diced	1 each
1 medium	Tomato, medium diced	1 medium
2 oz	Feta Cheese, crumbled	56 g
1 Tbsp	Dill, fresh, chopped	4 g
1/2 tsp	Kosher Salt	3 g
To taste	Black Pepper, ground	To taste

#### *For Shrimp:*

3/4 lb	Shrimp, raw, peeled and deveined	345 g
1/4 tsp	Kosher Salt	1.5 g
1/8 tsp	Black Pepper, ground	0.3 g
1 each	Lemon, zested and juiced	1 each
1 tsp	Olive Oil	5 mL
1 oz	Dry White Wine	30 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a medium sized pot, heat oil over medium-high heat and add the onion and garlic. Saute until onion becomes slightly translucent, about 1 minute.
3. Add the vegetable stock or water and orange juice and bring to a boil. Once boiling, add the quinoa, reduce heat and cover. Cook quinoa for about 15 minutes or until all of the liquid has been absorbed.
4. Add chickpeas and place mixture into a medium sized bowl and set aside.
5. Toss the peeled and deveined shrimp with the lemon juice and zest, salt and pepper.
6. In a medium sized sauté pan, heat oil over medium-high heat. Remove shrimp from marinade and add to pan. Cook, stirring occasionally, until shrimp is almost cooked through, about 3 minutes.
7. Remove shrimp from pan and place in a small bowl, set aside. Deglaze pan by adding white wine and scraping the bottom of the pan and cook until most of the wine evaporates, about 2 minutes. Pour over shrimp and set aside.
8. Fluff the quinoa and chickpeas mixture with a fork. Toss in the cucumber, tomato, fresh herbs, orange zest, feta cheese, salt and pepper into a large bowl.
9. Add the shrimp to the mixture. Toss together and serve warm or cold.

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**Nutrition Facts**

<b>Serving size</b>	<b>1 1/2 cup quinoa</b>
	<b>3 oz shrimp</b>
<b>Servings</b>	<b>5</b>
<b>Calories</b>	310
Calories from Fat	70
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	100 mg
Sodium	420 mg
Carbohydrates	36 g
Dietary Fiber	6 g
Sugars	4 g
Protein	24 g
Vitamin A	2 %
Calcium	4 %
Vitamin C	20 %
Iron	10 %
Phosphorus	189 mg

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