

CITRUS SHRIMP QUINOA

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 10 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 175

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 319 mg

Total Carbohydrate: 17 g

Dietary Fiber: 5 g

Protein: 14 g



Ingredients

- 1 cup quinoa, uncooked
- 2 cups water
- 1 Tablespoon extra-virgin olive oil
- ½ Tablespoon white wine vinegar
- ½ teaspoon dill weed
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 40 small-medium shrimp, de-veined and tail off, cooked
- 5 clementines, peeled and sectioned
- 1/3 cup green onion, chopped
- ¾ cup cucumber, chopped
- ½ cup plus 2 Tablespoons reduced fat feta cheese



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Directions

1. In a medium saucepan, bring quinoa and water to a boil. Simmer for 10 minutes or until water is soaked up.
2. In a small bowl, whisk together olive oil, vinegar, dill, salt and pepper.
3. In a large bowl, combine quinoa, shrimp, clementines, green onion, cucumber and whisked dressing.
4. Refrigerate for 4 hours before serving. Top with 1 Tablespoon feta cheese before serving.