

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Summer Shrimp Quinoa Salad

(Makes 4 servings)

Ingredients

- 1 lb shrimp
- 1 cup quinoa
- 1/4 each color bell pepper (red, yellow, green, orange)
- 2 stalks celery
- 1/4 cup purple onion
- 2 tbsp fresh minced garlic
- 1/4 cup fresh cilantro
- 1/4 cup avocado oil
- 2 tbsp capers
- Sea salt and pepper to taste



Instructions

1. Sauté shrimp in half the avocado oil until fully cooked and golden brown. Set aside.
2. Prepare quinoa with 2 cups of water. Fully cook then set aside.
3. Dice all veggies and place in a large bowl with all other ingredients, including leftover avocado oil.
4. Add cooked quinoa to veggies and mix generously.
5. Cut shrimp into small pieces. Add to quinoa/veggie mixture and toss well.
6. Place in the refrigerator and allow it to marinate for 2-4 hours. The longer the marinate, the better.

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Nutritional Information (per serving)

Calories...400

Protein...30 g

Carbohydrate...30 g

Fat...2.5 g



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