



# Fresh Spinach Apple Salad



Where service *and savings* matter.

**SERVINGS:** 4 large

## INGREDIENTS:

## NUTRITIONALS

Nutritional analysis per serving:  
calories 450, calories from fat 100,  
total fat 12g, saturated fat 1g,  
cholesterol 230mg, sodium  
1840mg, total carbohydrate 54g,  
dietary fiber 4g, sugars 17g,  
protein 36g, vitamin A 30%,  
vitamin C 200%, calcium 10%,  
iron 35%

- 1 cup Arrowhead Mills Quinoa
- ¾ cup Lawry's Tequila Lime Marinade
- 1 lb peeled & deveined shrimp
- 1 Tbsp Crisco olive oil for sautéing & frying
- 1 green onion, chopped
- 1 ear corn, shucked (can use ½ cup Food Club frozen corn)
- 1 red pepper, seeded & chopped
- 1 yellow pepper, seeded & chopped

## Dressing

- 1 Tbsp (½ fl oz) mayonnaise
- 1 Tbsp (¾ fl oz) Food Club Honey
- ¼ cup cilantro, chopped fine
- 1 small jalapeno, seeded & chopped (can use ½ large jalapeno)

## DIRECTIONS:

Rinse quinoa in a fine mesh strainer under cold water. Cook quinoa according to package directions, approximately 15 minutes. The quinoa develops little spirals when done.

In a medium bowl, mix shrimp with the marinade; let sit for 20-30 minutes. In a large skillet or wok, heat the olive oil over medium high heat. Add shrimp with marinade and cook until shrimp are pink and no longer translucent. Remove shrimp to a separate bowl and return pan to heat.

Add corn, cooking over medium high heat for 3-4 minutes or until corn is crisp tender. Remove from heat and transfer to a serving bowl. Toss shrimp and corn with other vegetables.

In small bowl, mix mayonnaise, honey, cilantro and jalapeno. Toss with shrimp and vegetables and serve over quinoa.

Tip: Quinoa has a bitter coating and must be well-rinsed before cooking.

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