



Tequila Lime Shrimp with Quinoa



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
 - 3/4 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 1/2 cup Food Club frozen corn)
 - 1 red pepper, seeded & chopped
 - 1 yellow pepper, seeded & chopped
- Dressing
- 1 Tbsp (1/2 fl oz) mayonnaise
 - 1 Tbsp (3/4 fl oz) Food Club Honey
 - 1/4 cup cilantro, chopped fine
 - 1 small jalapeno, seeded & chopped (can use 1/2 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.

visit unitedtexas.com for more recipe ideas

FOLD