

# Charred Shrimp, Pesto & Quinoa Bowls

These shrimp, pesto and quinoa bowls are delicious, healthy, pretty, and take less than 30 minutes to prep. In other words, they're basically the ultimate easy weeknight dinner. Feel free to add additional vegetables and swap the shrimp for chicken, steak, tofu or edamame. Total time: 25 mins, Serves 4



1/3 cup prepared pesto	4 cups arugula
2 Tbls balsamic vinegar	2 cups cooked quinoa
1 Tbls extra-virgin olive oil	1 cup halved cherry tomatoes
1/2 tsp salt	1 avocado, diced
1/4 tsp ground pepper	1 pound peeled and deveined large shrimp (16-20 count), patted dry

Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.

Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.

Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.

## Tips

To make ahead: Cover and refrigerate dressing (Step 1) for up to 2 days.

**Nutrition Facts: Serving Size:** 2 1/2 cups

## Per Serving:

429 calories; protein 30.9g; carbohydrates 29.3g; dietary fiber 7.2g; sugars 5g; fat 22g; saturated fat 3.6g; cholesterol 187.5mg; vitamin a iu 1125.6IU; vitamin c 14.4mg; folate 108.9mcg; calcium 205.4mg; iron 2.9mg; magnesium 130.5mg; potassium 901.1mg; sodium 571.4mg; thiamin 0.2mg.

**Exchanges:** 4 fat, 3 lean protein, 1 1/2 starch, 1/2 vegetable