



## Summer Quinoa Salad Lettuce Wraps with Lemon Shrimp

<u>U.S.</u>		<u>Metric</u>
<i>Quinoa:</i>		
2 tsp	Olive Oil	10.0 ml
2-3 each	Garlic, chopped	2-3 each
1/2 medium	Red Onion, small dice	55 g
1 3/4 cups	Vegetable Stock or Water	414 ml
1 each	Orange, zested and juiced	1 each
1 cup	Quinoa	226.8 g
1 cup	Chickpeas, drained, rinsed	226.8 g
1 each	Cucumber, washed, medium diced	1 each
1 medium	Tomato, medium diced	1 medium
2 oz	Feta Cheese, crumbled	56.7 g
1 Tbsp	Dill, fresh, chopped	14.35 g
1/2 tsp	Kosher salt	3.0 g
To taste	Black Pepper, ground	To taste
<i>Shrimp:</i>		
3/4 lb	Shrimp, raw, peeled, deveined	340 g
1/4 tsp	Kosher salt	1.5 g
1/8 tsp	Black Pepper, ground	0.3 g
1 each	Lemon, zested and juiced	1 each
1 tsp	Olive Oil	5.0 ml
1 oz	Dry White Wine	30 ml
<i>For serving :</i>		
2 heads	Bibb Lettuce, washed	2 heads

### Preparation

1. Gather all ingredients and equipment
2. In a medium sized pot, heat over medium-high heat and add oil. Add the onion and garlic and sauté until onion becomes slightly translucent, about 1 minute.
3. Add the vegetable stock or water and orange juice and bring to a boil. Once boiling, add quinoa lower reduce heat and cover. Cook quinoa for about 15 minutes or until all of the liquid has been absorbed.
4. Add chickpeas and place mixture into a medium bowl and set aside.
5. Toss the peeled and deveined shrimp with lemon juice and zest, salt, and pepper.
6. In a medium sized sauté pan, heat oil over medium high heat. Remove shrimp from marinade and add to pan. Cook, stirring occasionally, until shrimp is almost cooked through, about 3 minutes.
7. Remove shrimp from pan, set aside. Deglaze pan by adding the white wine and scraping the bottom of pan and cook until most of the wine evaporates, about 2 minutes.
8. In a small bowl, pour liquid over shrimp and set aside.
9. Fluff the quinoa and chickpeas mixture with a fork. Toss in the cucumber, tomato, fresh herbs, orange zest, feta cheese, salt and pepper into a large bowl.

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10. Add the shrimp to the mixture and toss together.
11. Use a leaf of lettuce to wrap 1 oz of shrimp and 1/3 cup of quinoa. Repeat.
12. Serve warm or cold

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**Nutrition Facts****Serving size** 3**Servings** 5

Calories 311

Calories from Fat 70

Total Fat 8 g

Saturated Fat 1.5 g

Trans Fat 0 g

Monounsaturated  
Fat 1 g

Cholesterol 98 mg

Sodium 423 mg

Total  
Carbohydrates 36 g

Dietary Fiber 6 g

Sugars 4 g

Protein 24 g

Vitamin A 13 %

Calcium 4 %

Vitamin C 20 %

Iron 10 %

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