



Shrimp Fried Quinoa Bowl

Prep: 10 minutes

Cook: 20 minutes • Serves: 4

- 1. Quinoa:** Cook 1 cup dry quinoa as label directs.
- 2. Peas & Carrots:** Cook 1 cup frozen peas and carrots in microwave oven as label directs.
- 3. Salad Shrimp:** Heat large skillet over medium-high heat; spray with cooking spray. Add 1 cup thawed cooked salad shrimp and cooked quinoa; cook 3 minutes or until heated through, stirring occasionally.
- 4. Soy Sauce:** Add 1 tablespoon less-sodium soy sauce, ½ teaspoon garlic powder and ¼ teaspoon each salt and pepper to skillet; cook 1 minute, stirring occasionally. Fold peas and carrots into skillet; cook 1 minute or until heated through, stirring occasionally.
- 5. Eggs:** Heat large nonstick skillet over medium-high heat; spray with cooking spray. Add 4 large eggs to skillet; cook 3 minutes or to desired doneness. Divide quinoa mixture into 4 bowls; top with eggs and garnish with thinly sliced green onions and/or sesame seeds, if desired.

Approximate nutritional values per serving (1 bowl):

*342 Calories, 14g Fat (3g Saturated), 239mg Cholesterol,
541mg Sodium, 36g Carbohydrates, 4g Fiber, 2g Sugars, 19g Protein*

Dietitian's Dish

- > Amaranth, quinoa and buckwheat are actually "pseudo-grains," which are normally included with true cereal grains (like barley and rice) because their nutritional profiles, preparations and uses are so similar.