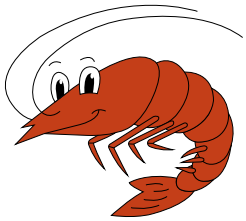
Charred Shrimp, Pesto & Quinoa Bowl

Source: eatingwell

These shrimp, pesto and quinoa bowls are delicious, healthy, pretty and take less than 30 minutes to prep. In other words, they are basically the ultimate easy weeknight dinner. Feel free to add additional vegetables and swap the shrimp for chicken, steak, tofu.

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 28 MIN

Ingredients



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

Nutrition Facts	
4 Servings **Serving Size 2 1/2 of recipe**	
Amount per serving **Calories**	**429**
Total Fat	22g
Saturated Fat	3.6g
Cholesterol	187.5mg
Sodium	571.4mg
Total Carbohydrates	29.3g
Dietary Fiber	7.2g
Total Sugars	5g
Protein	30.9g
Potassium	901.1mg

Directions

1 Prep 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.

2 Cook 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.

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