Shrimp & Black Bean Quinoa Bowl

10 ingredients · 15 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions.
2. In a bowl, mix together the shrimp, taco seasoning, and half of the oil. Season with salt and pepper. Warm a pan over medium heat. Add the shrimp and cook for two to three minutes per side, until pink and cooked through.
3. Divide the quinoa, shrimp, black beans, green onion, red onion, and cucumber between bowls. Top with the remaining oil and lemon juice. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is equal to approximately two cups.

More Flavor
Add cherry tomatoes, bell peppers, and/or fresh herbs.

Ingredients

1/2 cup Quinoa (dry)

10 ozs Shrimp (peeled, deveined)

2 tsps Taco Seasoning

2 tsps Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

1 cup Black Beans (cooked)

2 stalks Green Onion (thinly sliced)

1/3 cup Red Onion (diced)

1/3 Cucumber (medium, quartered)

1 Lemon (juiced)

Nutrition

Amount per serving

Calories	467	Vitamin D	0IU
Fat	8g	Vitamin E	3mg
Saturated	1g	Vitamin K	33µg
Carbs	57g	Thiamine	0.4mg
Fiber	12g	Riboflavin	0.2mg
Sugar	4g	Niacin	1mg
Protein	43g	Vitamin B6	0.3mg
Cholesterol	228mg	Folate	223µg
Sodium	431mg	Vitamin B12	0µg
Potassium	1075mg	Phosphorous	643mg
Vitamin A	546IU	Magnesium	206mg

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Vitamin C	14mg	Zinc	4mg
Calcium	166mg	Selenium	5µg
Iron	5mg		