

**QUINOA AND SHRIMP / TUNA SALAD**

🕒 20 minutes

🕒 40 minutes

🍴 4 portions

INGREDIENTS

- 1 cup of quinoa, uncooked (170 g)
- 125 grams of beans, snap, green, raw
- 1 medium unit (approx 2-3/4" long, 2-1/2 dia.) of peppers, sweet, red, raw (119 g)
- 350 grams of shrimp, frozen, raw **or** 3 cans of fish, tuna, white, canned in water, without salt, drained solids (516 g)
- 1 unit yields of lemon juice, raw (48 g)
- 5 grams of onion and garlic seasoning cube
- 1 tsp of salt, table (6 g)
- 1/2 tsp, ground of spices, pepper, black (1 g)
- 1 clove of garlic, raw (3 g)
- 2 tsp minced dill, fresh
- 2 Tbsp chicken broth fat free (fresh or canned or from dry cube)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 500 grams of water

COOKING METHOD

- 1° Place quinoa in a fine mesh sieve and hold under cold, running water to rinse well; drain. (Or you can put quinoa in a sheet of cheesecloth, run water through it and then let it drain).
- 2° Bring 2 cups of water and 1/4 teaspoon of salt to a boil in a small saucepan; stir in quinoa and bring to a boil again. Reduce heat to low, cover and cook until tender, about 15 minutes. Uncover and remove pan from heat to cool. Steam the green beans and reserve (Or use can cooked green beans)
- 3° Chop the red pepper in small dices
- 4° Combine green beans, red pepper and shrimp / Or tuna, in a large salad bowl; stir in cooled quinoa.
- 5° Make the dressing : Combine lemon juice, broth, oil, dill, remaining 1/4 teaspoon of salt and black pepper in a cup; stir well. Pour dressing over salad and toss gently but well.
- 6° Yields about 1 1/2 cups per serving.
- 7° Capers can add a delightful tangy flavor to this salad. Skip the dill and add 2 tablespoons of capers to the recipe instead, if desired. Because capers are salty, taste the salad before adding the last 1/4 teaspoon of salt – you may not need it.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (388 g)	% DRI
ENERGY	89 kcal	347 kcal	17 %
FAT	2 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	7 %
CHOLESTEROL	25 mg	97 mg	32 %
SODIUM	239 mg	927 mg	39 %
CARBOHYDRATE	9 g	33 g	11 %
SUGARS	1 g	3 g	—
FIBER	1 g	5 g	18 %
PROTEIN	9 g	34 g	—