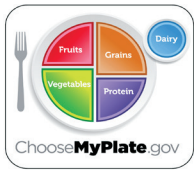


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# GRILLED ASPARAGUS AND SHRIMP QUINOA SALAD WITH LEMON VINAIGRETTE

Grilling brings out the flavor in fresh vegetables like asparagus. Add shrimp, quinoa, and refreshing lemon vinaigrette, and you have a delicious and quick spring or summer salad.

**Preparation time:** 45 minutes

**Serves:** 4

## INGREDIENTS:

- 2 cups fresh asparagus, large spears, cut into 1" pieces
  - ½ yellow or red bell pepper, cut into ½" pieces
  - 1 clove garlic, minced
  - 1 14 oz can quartered artichoke hearts, drained
  - 12 oz fresh or frozen jumbo or large raw shrimp, peeled and deveined
  - 1½ cups dry quinoa, cooked according to directions
- Lemon Vinaigrette, divided**
- 3 tbsp fresh or bottled lemon juice
  - 1 tsp grated lemon peel (optional)
  - 3 tbsp olive oil
  - 1 tsp Dijon mustard
  - ½ tsp dried thyme leaves
  - ½ tsp ground black pepper

## DIRECTIONS:

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about ⅓ of the vinaigrette (about 3 tbsp) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 5-6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.

## Serving Suggestions:

Serve with 8 oz (1 cup) non-fat milk and ¾ cup red grapes.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1¼ cup
Grains	2½ oz
Protein	2½ oz

Nutrition Facts	
Serving Size (334g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 460</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 115mg</b>	<b>38%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 6g	
<b>Protein 29g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 90%</b>
<b>Calcium 10%</b>	<b>Iron 35%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation

