

## **CHARRED SHRIMP & PESTO BUDDHA BOWLS**

### **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



### **Directions**

- Step 1  
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.
- Step 2  
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.
- Step 3  
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.

### **Tips**

To make ahead: Cover and refrigerate dressing (Step 1) for up to 2 days.

### **Nutrition Facts**

Serving Size: 2 1/2 Cups

Per Serving:

429 calories; protein 30.9g; carbohydrates 29.3g; dietary fiber 7.2g; sugars 5g; fat 22g; saturated fat 3.6g; cholesterol 187.5mg; vitamin a iu 1125.6IU; vitamin c 14.4mg; folate 108.9mcg; calcium 205.4mg; iron 2.9mg; magnesium 130.5mg; potassium 901.1mg; sodium 571.4mg; thiamin 0.2mg.

Exchanges:

4 Fat, 3 Lean Protein, 1 1/2 Starch, 1/2 Vegetable