

Shrimp & Quinoa Salad – Comfort du Jour

This is a light, clean bite with a good, healthy dose of protein. Quinoa is the only plant-based food that satisfies all nine of the amino acids our bodies need, yet it doesn't feel heavy or too filling. High in protein, but low in cholesterol? Sign me up! Mixed salad greens in vinaigrette provide a fresh backdrop to the quinoa and the gently sautéed tomatoes lend a juicy pop of acid against the sweetness of the shrimp.

Cook the quinoa ahead of time, and the rest of this easy lunch will come together in a snap!

Serves 2

INGREDIENTS

About 1 cup cooked quinoa* (see notes)
1 Tbsp. extra virgin olive oil
2 slices sweet onion, chopped
Handful of baby tomatoes, halved
2 handfuls of mixed baby salad greens
4 Tbsp. vinaigrette dressing of choice (mine was Good Seasons)
2 Tbsp. [pesto compound butter](#)*
8 oz. fresh shrimp, peeled and deveined
Lemon wedges for serving

*NOTES

Unless your package of quinoa specifies that it is “pre-rinsed,” do not skip the important step of rinsing it to remove the natural bitter coating on the tiny grains. This coating is the plant's way of protecting itself from insects, and it must be washed away for best results and flavor. Put it in a mesh strainer and swirl it around under cold running water for a minute or so, then proceed with your recipe. Use a 2:1 water to quinoa ratio when cooking.

Compound butter is great to have on hand for quick meals such as this. The pesto butter is flavored up with fresh basil, finely minced garlic, grated parm-romano blend and a swirl of olive oil.

INSTRUCTIONS

1. Place a small, non-stick skillet over medium heat. Swirl in olive oil and sauté chopped onions and baby tomato halves, just long enough to soften the onions. Season with salt and pepper.
2. Toss the salad greens in the dressing, then transfer them to serving plates. Spoon the cooked quinoa into the remaining dressing and give it a stir. Mound the quinoa onto the greens.
3. Melt the compound butter in the same skillet used for the onions. Sauté the shrimp, turning each piece as soon as the first side turns bright pink. Arrange the shrimp on top of the quinoa. Drizzle remaining compound butter over the salads and serve with a lemon wedge.