



Tropical Shrimp & Quinoa Fruit Salad

1/4th of the recipe:

242 Calories, 29g protein, 2g Fat,

0g Saturated Fat,

21g Carbs, and 446g Sodium.

Tropical Shrimp

Ingredients:

1 pound 16/20 ct uncooked shrimp cleaned and peeled, tail on

(approx 24 pieces after cleaning-6 per serving)

1 20 oz can pineapple chunks in natural juice-no sugar added

1/4 c reduced sodium teriyaki sauce

2 T sodium free sugar free rice vinegar

1/2 red bell pepper chopped to pieces the size of the pineapple

2 T chopped fresh cilantro

8 skewers

In large bowl mix shrimp, teriyaki, rice vinegar and

3/4 of the strained pineapple juice.

Let marinate for at least 30 mins up to 2 hrs.

Skewer shrimp, alternating with red pepper and

pineapple chunks, approx 3 shrimp per skewer.

Cook on grill top pan or on the grill until cooked through.

Sprinkle with cilantro before serving.

This makes 4 servings,

and taste great cold the next day for lunch.



Quinoa Fruit Salad

Ingredients:

- 1 c dry pre-rinsed quinoa
 - 1 c fresh strawberries diced
 - 1 c fresh blueberries
 - 1/2 red bell pepper diced
 - 1/2 yellow bell pepper diced
 - 1/2 small red onion (approx 1/4c) diced
 - 1/4 c sherry vinegar
 - 3/4 c orange juice
 - 1/4 c shredded unsweetened dry coconut
 - 2 T hemp seeds or flax seeds
 - 1/4 c chopped fresh parsley
- Before starting clean and prep all fruits & veggies.

Be sure to buy pre rinsed quinoa, if not you must rinse it very well to remove the natural saponins from it.

Place 2 cups water in a pot on stove, and 1 cup quinoa, bring to a boil then reduce to simmer for 15 mins.

allow quinoa to cool once cooked.

In a large bowl combine all other ingredients.

Once quinoa has cooled a bit, add to bowl with other ingredients. Mix well.

This taste best when it is allowed to sit for a few hours.

I make it the night before I want to eat it.

You can add sliced toasted almonds just before serving, also.

Note: This Quinoa recipe is from my friend **Chef Linda**, she is a fitness enthusiast, a Johnson & Wales Culinary Graduate, graduate of the Institute for Integrative Nutrition and a Certified Plant Base Professional through the Rouxbe Cooking School; as well as previously a Whole Foods Market Healthy Eating Specialist & Whole Foods Market Wellness Chef. When she first made this it sounded weird, but taste great and is good for you. You can double the recipe and have it for breakfast with eggs or a protein shake, it makes a great side dish for lunch because you eat it cold.



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