Orange Shrimp Quinoa Bowl

Instructions: In a medium bowl, combine orange zest, oil, garlic, pepper, cayenne and shrimp. Let marinate in the refrigerator for 20 minutes. Meanwhile, bring quinoa and broth to a boil in a medium saucepan; cover and simmer 15 minutes or until liquid is absorbed. Preheat grill over medium heat. Grill shrimp using grill pan or skewers, 2–3 minutes per side. Remove from heat. In a medium bowl, combine lime juice, olive oil, onion, cilantro, salt and oranges. Divide quinoa, shrimp, orange salad and avocado slices among 4 bowls.

Yield: 4 servings

Nutrition Facts (per serving): 480 calories, 26 grams fat, 310 milligrams sodium, 35 grams carbohydrate, 8 grams fiber, 31 gram protein

1 Tablespoon orange zest
3 Tablespoons olive oil
1 clove garlic, minced
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1 lb. fresh shrimp, peeled and deveined
3/4 cup dry quinoa
1 1/2 cups low-sodium chicken broth

Juice from 1 1/2 limes
2 Tablespoons olive oil
1/4 cup chopped red onion
1/4 cup chopped fresh cilantro
1/4 teaspoon salt
2 large oranges, segmented
1 large avocado, thinly sliced