

# mediterranean quinoa shrimp grain bowl

**MAKES 1 serving**

**PREP TIME:** 15 minutes

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½ to 1 cup cooked quinoa  
Salt, pepper and dried oregano, to taste  
1 small cucumber, sliced  
1 medium tomato, cut into wedges  
3-4 oz shrimp  
2 Tbsp hummus  
1 Tbsp olives, sliced or whole  
Sprinkle of feta cheese

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## *Lemon Dressing*

1 Tbsp olive oil  
1 Tbsp lemon juice  
½ tsp Dijon mustard  
1 tsp dried oregano  
Salt and pepper, to taste

**COMBINE** dressing ingredients and stir well in a small bowl. Set aside.

**TOSS** shrimp with 1 Tbsp lemon dressing and place into a skillet over medium heat. Set aside.

**SEASON** cooked quinoa with salt, pepper and dried oregano, to taste.

**LAYER** ingredients in a bowl, starting with quinoa and then adding vegetables and cooked shrimp.

**ADD** hummus and olives and sprinkle with feta cheese.

**DRIZZLE** remaining lemon dressing on top.

**SERVE** warm or at room temperature.

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**To save time, prepare quinoa and shrimp in a large batch ahead of time to use throughout the week to make multiple grain bowls. You can also freeze cooked quinoa for quick meals down the road.**

