



Nutrition
TEAM

with Kim Ross

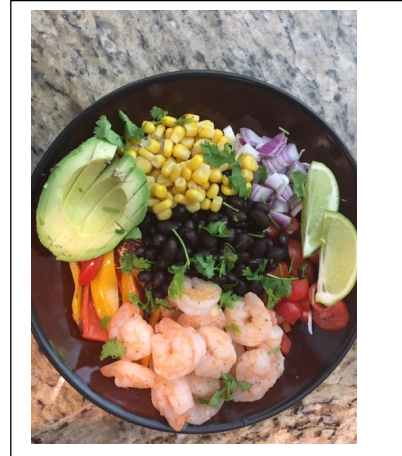
Quinoa Shrimp Bowl

Serves 4

Total time: 30 minutes

Ingredients:

- 2 cups quinoa
- 2-3 tbsp Coconut oil
- 1 lb. shrimp – peeled
- 10 mini multi colored sweet peppers, julienned
- 1 tbsp garlic
- ½ red onion, chopped
- 1 tomato, diced
- 1 can black beans
- 1 can corn (optional)
- 2 Avocados, sliced
- 2-3 limes
- Greek Seasoning



Directions:

1. Cook quinoa according to package.
2. While quinoa cooks, sauté peppers in 1 T coconut oil
3. Prepare other ingredients (chop onions, dice tomatoes, heat black beans and corn)
4. Sauté garlic in remaining coconut oil. Add shrimp and cook until just pink and tender. Sprinkle with Greek Seasoning.
5. Arrange bowls with your favorite toppings! Squeeze lime juice over top.

About the Contributor: *Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*