

Charred Shrimp & Pesto Buddha Bowls



These shrimp and pesto Buddha bowls are delicious, healthy, pretty and take less than 30 minutes to prep. In other words, they're basically the ultimate easy weeknight dinner. Feel free to add additional vegetables and swap the shrimp for chicken, steak, tofu or edamame.

By CAROLYN CASNER



Active: 25 mins

Total: 25 mins

Servings: 4

Nutrition Profile: ?

[Egg Free](#)

[Soy-Free](#)

[Bone Health](#)

[Diabetic Appropriate](#)

[Gluten-Free](#)

[Healthy Aging](#)

[Healthy Immunity](#)

[Heart Healthy](#)

[High Blood Pressure](#) [High Calcium](#)

[Low-Calorie](#)

[Low Sodium](#)

Ingredients

- 1/3 cup prepared pesto
 - 2 tablespoons balsamic vinegar

 - 1 tablespoon extra-virgin olive oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground pepper
 - 1 pound peeled and deveined large shrimp (16-20 count), patted dry
 - 4 cups arugula
 - 2 cups cooked quinoa

 - 1 cup halved cherry tomatoes
 - 1 avocado, diced
-

Directions

Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.

Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.

Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.

Tips

To make ahead: Cover and refrigerate dressing (Step 1) for up to 2 days.

Nutrition Facts

Serving Size: 2 1/2 Cups

Per Serving:

429 calories; 22 g total fat; 3.6 g saturated fat; 188 mg cholesterol; 571 mg sodium. 901 mg potassium; 29.3 g carbohydrates; 7.2 g fiber; 5 g sugar; 30.9 g protein; 1126 IU vitamin a iu; 14 mg vitamin c; 109 mcg folate; 205 mg calcium; 3 mg iron; 130 mg magnesium;

Exchanges: 4 Fat, 3 Lean Protein, 1 1/2 Starch, 1/2 Vegetable