Grilled shrimp gumbo rice salad
RECIPE

Grilled shrimp gumbo rice salad

COOK TIME	15 min
PREP TIME	20 min
MAKES	6 servings

Go Cajun tonight with a Louisiana-inspired recipe. In addition to traditional gumbo ingredients—like Cajun seasoning & okra—Horseradish dressing provides even more deliciousness. Served over our organic quinoa and brown rice blend, it’s irresistible!

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice
- 2 medium bell peppers, cut into 1-inch pieces
- 2 tbsps. vegetable oil, divided
- 1 pound medium shrimp, peeled and deveined
- 1/2 pound fresh okra, stemmed and cut lengthwise in half
- 1 medium red onion, cut into 8 wedges
- 2 tsps. Cajun seasoning, divided
- - Horseradish French Dressing:
- 1/4 cup salsa
- 1 tbsp. lemon juice
- 2 tsps. prepared horseradish
- 2 tbsps. vegetable oil
- 2 tsps. honey
- 1/2 tsp. paprika
- 1/4 tsp. salt

DIRECTIONS

1. Heat grill for medium-high heat.
2. Make Horseradish French Dressing by blending or whisking all ingredients until combined; set aside.
3. In 1-gallon resealable bag, toss okra, peppers and onion with 1 tbsp. oil and 1 tsp. Cajun seasoning.
4. Place grill basket over direct heat; add vegetables.
5. Cover and grill 4–6 minutes, stirring once, until beginning to soften.

6. In same resealable bag, toss shrimp with remaining oil and Cajun seasoning.
7. Add to vegetables in grill basket.
8. Cover and grill 4 minutes longer, stirring once or twice, until shrimp are pink and vegetables are crisp-tender.
9. Remove from grill.
10. In large bowl, toss SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with grilled vegetables, shrimp and Horseradish French Dressing.
11. Serve at room temperature or cover and refrigerate up to 4 hours.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	270
Total Fat	11g
Saturated Fat	1.5g
Trans Fat	0g
Total Fat % DV	17%
Saturated Fat % DV	8%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	560mg
Sodium % DV	23%
Total Carbohydrate	23g
Dietary Fiber	3g
Sugars	5g
Total Carbohydrates % DV	8%
Dietary Fiber % DV	12%
Protein	18g

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Beet & whole grain salad with arugula & pistachios

Cook time

25 min

Prep time

15 min

Thai lettuce wraps with sticky cashews

Cook time

5 min

Prep time

15 min

Whole grain greek salad with cucumber, radish & mint

Cook time

5 min

Prep time

15 min

Fabulous fried rice

Cook time

6 min

Prep time

30 min

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