



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Shrimp Tacos with Pineapple Salsa

Chef Kiana White, Age 12

INGREDIENTS FOR THE SALSA:

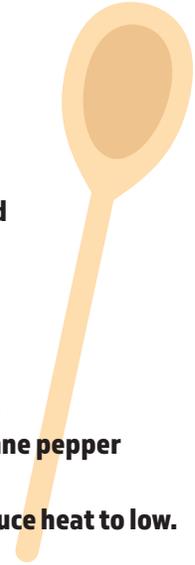
- 1/2 chopped seedless jalapeño
- 1/4 cup chopped sweet Vidalia onions
- 1/4 cup chopped yellow bell pepper
- 1/2 cup finely chopped red cabbage
- 2 fresh limes, juiced
- 1 garlic clove, peeled and minced
- 1/2 avocado, peeled, pitted, and diced
- 1/2 cup chopped pineapple
- 1/4 cup chopped fresh cilantro

INGREDIENTS FOR THE SHRIMP TACOS & QUINOA:

- 1 Tbsp plus 1 tsp olive oil
- 1 garlic clove, peeled and minced
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp kosher salt
- 1/4 tsp cayenne pepper (optional)
- 20 medium shrimp, peeled and deveined
- 4 whole wheat tortillas
- 1 cup quinoa, rinsed
- 1/2 cup spinach, chopped

DIRECTIONS

1. To make the Salsa: In a medium bowl, combine all the salsa ingredients. Cover and chill.
2. In a medium bowl, whisk together the tbsps olive oil, garlic, cumin, chili, salt, and cayenne pepper (if using). Add shrimp; toss to coat. Cover, refrigerate 15 mins to marinate.
3. Meanwhile, in a medium pot, bring 2 c. water and quinoa to a boil over medium heat; reduce heat to low. Cook for 20 mins or until tender. Remove from heat, mix in spinach. Set aside.
4. In a large nonstick skillet, warm remaining tsp of oil over medium high heat. Add shrimp, cook until pink and cooked through, about 5 minutes. Turn off heat and cover to keep warm.
5. To assemble: Warm the tortillas in the microwave. Arrange 1/4 cup of the quinoa and fish mixture down the middle of each tortilla. Add 1/4 of cooked shrimp and top with salsa. Tightly wrap the tortillas and cut in half to serve. Repeat with remaining ingredients. Serve with additional salsa, if desired



Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!

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