

Weight Watchers Quinoa and Shrimp Salad

1 cup uncooked quinoa
2 cup water
1/4 tsp table salt
4 oz green snap beans, fresh or frozen,
cut in 1 1/2-inch lengths, steamed
(about 1 rounded cup)
1 medium sweet red pepper(s),
cored, seeded and chopped
12 oz shrimp, medium-size, cooked,
peeled
3 Tbsp fresh lemon juice
2 Tbsp fat-free chicken broth
1 Tbsp olive oil
2 tsp fresh dill, minced
1/4 tsp table salt, or more to taste
1/4 tsp black pepper, or more to taste

Place quinoa in a fine mesh sieve and hold under cold, running water to rinse well; drain. (Or you can put quinoa in a sheet of cheesecloth, run water through it and then let it drain). Bring 2 cups of water and 1/4 teaspoon of salt to a boil in a small saucepan; stir in quinoa and bring to a boil again. Reduce heat to low, cover and cook until tender, about 15 minutes. Uncover and remove pan from heat to cool. Combine green beans, red pepper and shrimp in a large salad bowl; stir in cooled quinoa. Combine lemon juice, broth, oil, dill, remaining 1/4 teaspoon of salt and black pepper in a cup; stir well. Pour oil mixture over salad and toss gently but well. Yields about 1 1/2 cups per serving. 4 servings | 6 points per serving.

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