



Spicy Tomato, Lime, Vodka Shrimp Bowl

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This dish hits most of the nutrition bases, with deep colors in the onions, beans, corn, avocado, and tear drop tomatoes.

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Ingredients

Fresh Shrimp	1 lb. - Med. Sized
Fresh Corn on the Cob	2 Ears
Organic Black Beans	1 Can (drained)
Organic Tear Drop Toms	1 qt. halved and lightly salted
Organic Red Onion	1 medium, chopped in ½" slivers
Organic Avocado	Cut into ½" chunks
Organic Cilantro	One bunch, chopped/halved
Quinoa	1 ½ cups (cooked)
Organic Garlic	3 cloves, minced
Olive Oil	2 Tbsp

For the Dressing and Marinade:

Organic Garlic	3 cloves, minced
Anchovies	2, mashed up into a paste or ¼ t. paste
Organic Cilantro	1/4 cup, chopped
Spicy V-8 (low sodium if possible)	3/4 cup
Red Wine Vinegar	1/3 cup

Olive Oil	1/3 cup
Limes	2 oz juiced
Chipotle Chili Powder	½ tsp
Cumin Powder	1 tsp
Tomato Paste	2 Tbsp
Clam Juice	1 Tbsp (optional)
Vodka	2 Tbsp
Kosher Salt	1 tsp
Smoked Sea Salt	½ tsp
Ground Black Pepper	5-6 twists or grinds

Directions

For the Dressing/Marinade:

Combine all ingredients and whisk together briskly.

Taste for salt and pepper balance and let sit at room temp for a good hour.

** this makes approximately 2 cups of dressing/marinade, store for further use for, say, fish tacos, grilled chicken, or steak salad.

Marinate the shrimp:

Clean and wash in a colander.

Transfer to a non-reactive bowl (metal or glass) and pour just enough of the dressing/ marinade over the shrimp to cover them.

Place in fridge to marinate for the remainder of prep.

For the bowl ingredients:

Prep Quinoa first – make 1 1/2 - 2 cups according to directions.

Using a small sauté pan, heat up olive oil and sauté 3 Ts of red onion along with the minced garlic until softened -about two minutes.

Combine the onion mix with the Quiana – salt and pepper to taste and set aside.

Cook the shrimp next.

Using a sauté pan, add just enough olive oil to cover bottom of the pan and on medium heat, cook the shrimp on one side for about a minute and half turn for another 45 seconds (until shrimp is just done) and return to fridge to cool.

Cook the corn on the cob – boil or grill – your choice.

Cut corn off the cob and set aside.

Drain the black beans, but do not rinse.

Assemble the bowl:

In a salad sized bowl, pile the cooked Quinoa on the bottom of the bowl and smooth out.

In sections, arrange the chilled cooked shrimp, the beans, the remainder of the slivered onions, the cut corn, and the halved tear drop tomatoes.

Place the diced avocado in the center.

To serve – either dress the entire bowl with the dressing or dress individual servings. Garnish w/ chopped cilantro and serve with tortilla chips or warm corn tortillas.

Yield : Aprox. 4 servings

Enjoy!

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