

# Blackened Shrimp Bowls with Salsa Ranch Quinoa

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## **Ingredients**

1 cup dry quinoa, cooked according to package directions, cooled  
1 avocado, divided  
1/4 cup plain Greek yogurt  
1/4 cup Hidden Valley® For Everything Topping & Dip Salsa Ranch®  
1/4 cup water  
large pinch kosher salt & freshly ground black pepper  
2 T blackening spice  
1 T extra-virgin olive oil  
1 lb shrimp, peeled and deveined (51-60 count; adjust cooking time if you use larger shrimp)  
black beans, quartered cherry tomatoes, diced avocado for topping  
chopped parsley, for garnishing

## **Directions**

Preheat oven to 400F.

Place 1/2 avocado, yogurt, Hidden Valley Salsa Ranch, water, salt and pepper into a blender or food processor. Blend until very smooth.

Toss sauce with quinoa and set aside. (Taste and season the quinoa after mixing in the sauce)

Place shrimp on baking sheet and toss with extra-virgin olive oil. Sprinkle blackening spice over and toss well. Roast shrimp for approximately 5 minutes, until just cooked through (remove shrimp from hot baking sheet or they will continue to cook). Set aside.

Divide quinoa into four bowls. Top each with black beans, quartered cherry tomatoes and diced avocado, then top each with 1/4 of the shrimp.

Sprinkle with fresh chopped parsley, if desired.