

CO-OP MEALS
Dinner in 30

Grillin' Grains

Serves 4-6

Shopping List:

- ¼ cup quinoa per person
- ½ cup water or broth per person
- 1-2 zucchini
- 4 shrimp per person
- San-J Teriyaki sauce
- Optional additional vegetables:
summer squash, shallot, corn off the cob,
bell peppers, green beans, snap peas

Prep:

Pre-heat a gas grill to medium-high or use a half- full charcoal grill.

Wash all vegetables. If using corn, remove kernels and set aside. Chop all other veggies into bite-sized pieces.

Cook:

Create double-layered tinfoil squares (12 inches or the width of your roll of foil) for each person. Add a layer of cooking spray to the center of each doubled square.

Rinse ¼ cup quinoa per person, place in the center of each foil square. Top each with 4 shrimp.

For an interactive dinner, allow each person to layer on vegetables of their choice, being sure that they sit on top of the quinoa and shrimp.

Finally, fold the sides up to create a well for the broth. Pour ½ cup of broth or water to each foil packet. Drizzle teriyaki sauce on top, then seal the foil packet: Fold two sides across so they overlap, then fold in the opposite sides to secure, pinching to close.

Place all packets on the grill and cook for 15 minutes.

Serve:

Carefully remove each from heat and transfer to plates. Top with additional teriyaki as needed.

Tips and Hints

From the Co-op Nutrition Specialist

• Use this recipe in your batch cooking:

Vegetables can be washed and chopped ahead of time for easy weeknight cooking. Make extra portions to serve later in the week.

• Optional substitutions for shrimp:

Simply omit the shrimp! You can add beans to the foil packets, or cook any protein of your choice separately on the grill.

• Optional substitutions for teriyaki:

Try a home-made yogurt sauce instead. Do not add during cooking, just when serving. Prepare the sauce while packets are grilling.

Combine ½ cup plain Greek yogurt with ¼ cup lemon juice, a finely chopped shallot and clove of garlic, and any chopped fresh herbs.

Recipe adapted from <http://www.thekitchn.com>



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