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 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 1 Tbsp 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