

Hummus Bowl with Grilled Shrimp, Tomato, Cucumber, and Basil

YIELD: 6 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP,
use one cup of hummus

INGREDIENTS

8 oz spinach, fresh
2 cups hummus
3 tomatoes, sliced thin
1 English cucumber, sliced thin
1 lb shrimp, 21/25 P&D, seasoned, and
grilled until done
1 lemon, cut into 6 wedges
2 oz extra virgin olive oil
½ cup basil, sliced thin

DIRECTIONS

1. Place about one cup lightly packed spinach into a bowl, and top with a scoop of hummus.
2. Decorate the bowl with tomato and cucumber slices.
3. Top with 3–5 grilled shrimp.
4. Squeeze one lemon wedge over the whole bowl.
5. Drizzle with extra virgin olive oil (1 tsp).
6. Serve with a pinch of basil sprinkled over the top.



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NUTRITION FACTS

Serving size 1 (10.9oz)

Amount Per Serving **309g**

Calories **345**

% Daily Value

Total Fat 18.1g **28%**

Saturated Fat 2.7g **13%**

Cholesterol 160mg **53%**

Sodium 949mg **40%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **21%**

Sugars 3g

Protein 23g **46%**

Vitamin A **88%**

Vitamin C **51%**

Calcium **16%**

Iron **16%**