



Hummus Bowl with Grilled Shrimp, Tomato, Cucumber and Basil

YIELD: 6 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, consume 1/4 cup or less of the hummus per serving.

INGREDIENTS

- 6 cups spinach, fresh
- 2 cups hummus (recipe next page)
- 3 tomatoes, sliced thin
- 1 english cucumber, sliced thin
- 1 pound shrimp, 21/25 peeled & deveined (P&D), seasoned and grilled until done
- 1 lemon, cut into 6 wedges
- 2 ounce extra virgin olive oil
- ½ cup basil, sliced thin

DIRECTIONS

1. Preheat the grill to 450° Fahrenheit.
2. Evenly sprinkle shrimp with salt. Place shrimp on grill and close lid.
3. Cook for about 3 minutes or until grill marks are present. Flip shrimp, close lid and cook for 1 more minute. Remove shrimp from grill and set aside to cool.
4. Place about one cup lightly packed spinach into a bowl and top with a scoop of hummus. Decorate bowl with tomato and cucumber slices and top with 3- 5 grilled shrimp.
5. Squeeze one lemon wedge over the whole bowl and drizzle with about a teaspoon of extra virgin olive oil. Sprinkle a pinch of basil over the top and serve.

Chef tip: Change it up by swapping out the shrimp for chicken, pork or tofu

Smoky Hummus

YIELD: 2 CUPS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, consume 1/4 cup or less of the hummus per serving.

INGREDIENTS

15 ounce chickpeas, canned and rinsed
1 tsp tahini
1 clove garlic
½ lemon, juiced
1 pinch cayenne
1 tsp smoked sweet paprika
½ tsp cumin, ground
1 Tbsp olive oil
½ tsp salt, Kosher
1-2 ounce water

DIRECTIONS

1. Place all ingredients in the bowl of a food processor and run for about 30 seconds.
2. Remove the lid and scrape down the sides with a soft spatula.
3. Return the lid and run for another 30 seconds or until it is smooth and creamy.
4. Taste and adjust salt if needed



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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%

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