

CRAB & SEAFOOD QUINOA BOWL

- 1 lb King and Prince Seafood Jumbo Crab Sensations
- 1 cup Quinoa, rinsed well
- 1 3/4 cups Water
- 1 ea Avocado, diced
- 1 ea Mango, diced
- 1/2 ea Jalapeno, seeded and diced
- 2 ea Scallions, chopped
- 3/4 cup Lemon-Agave Vinaigrette
- Salt and pepper to taste

1. Boil water with a dash of salt and quinoa. Place lid on top and reduce the heat to simmer for approximately 15 minutes until the quinoa is tender. Fluff quinoa with a fork and let cool.
2. Mix the Jumbo Crab Sensations, quinoa, mango, avocado, jalapeno peppers, and scallions in a large bowl. Season with salt and pepper.
3. Combine vinaigrette with quinoa bowl.

ADDITIONAL INFORMATION

Ingredients	1 3/4 cups Water , 1 cup Quinoa, rinsed well , 1 ea Avocado, diced , 1 ea Mango, diced , 1 lb King and Prince Seafood Jumbo Crab Sensations , 1/2 ea Jalapeno, seeded and diced , 2 ea Scallions, chopped , 3/4 cup Lemon-Agave Vinaigrette , Salt and pepper to taste
Course	Dinner , Entrees , Lunch
Cuisine	American , Seasonal Summer
Category	Bowls , Seafood
Serving Size	2