**Quinoa-Crusted Shrimp**

*Per serving (approx. 10 shrimp, varies depending on size): 202 calories, 4g fat (1g saturated), 1g fiber, 28g protein*

Impress your guests with this amazing appetizer that’s low in fat and high in flavor. Use colored quinoa (red, white, black, or a combo) to add a bright, festive finger food to any party.

**Ingredients:**  
½ cup flour  
1 tsp salt  
¼ tsp freshly ground black pepper  
 ½ tsp ground cumin  
 ½ tsp paprika  
 ¾ tsp garlic powder  
 ½ tsp onion powder  
2 eggs, beaten  
1 cup raw quinoa  
1 lb medium shrimp, peeled and de-veined  
 olive or vegetable oil, for frying

**Directions:**  
Set up 3 bowls and a [baking sheet](http://www.shape.com/healthy-eating/cooking-ideas/10-new-ways-eat-quinoa?page=3) with a rack on top. In the first bowl, thoroughly mix together the flour with the salt and all of the ground spices. The second bowl will have the beaten eggs, and the third bowl, the quinoa. For each shrimp, holding by the tail dip them in the flour mixture, eggs, and then quinoa - shaking off excess at each stage. Place on the rack on the[baking](http://www.shape.com/healthy-eating/cooking-ideas/10-new-ways-eat-quinoa?page=3) sheet and set in the fridge while heating the oil. In a heavy-bottomed pot, heat 2 to 3 inches of oil over medium high heat. Fry shrimp for 3 minutes and transfer to another rack on a baking sheet. Immediately season with a bit of salt while they are hot out of the oil. Serve warm.

Makes about 4 servings