

ASIAN QUINOA STIR FRY

INGREDIENTS

- 1 C Quinoa
- 1 1/2 C Vegetable Broth (low sodium) **OR** Water
- Pinch Salt

- Onion (small) (1/4) (chopped)
- 2 Carrots (peeled) (chopped)
- 2 Scallions (green onions) (chopped)
- 3 cloves Garlic (minced)
- 1/2 t Ginger (fresh) (minced)
- 1 T Olive oil
- 1/2 C Egg substitute **OR** 2 Eggs (wisked)
- 1/2 C Peas (frozen) (thawed)

- 1 1/2 T Teriyaki sauce
- 2 1/2 T Tamari sauce (low salt)
- 3/4 t Sesame oil



DIRECTIONS

- 1 Rinse quinoa a few times in cold water
- 2 Bring broth **OR** water to a boil in a covered medium size pot & add the quinoa
- 3 Cover the pot & reduce the heat to a simmer
- 4 Cook for 15-20 minutes until the quinoa is fluffy & cooked thru
- 5 After it sits (5 minutes) fluff with a fork & allow to cool
- 6 Store in your refrigerator (overnight)
- 7 Mix teriyaki, tamari & sesame oil in a small bowl & set aside
- 8 Mix teriyaki, soy sauce, and sesame oil in a small bowl Set aside
- 9 Heat 1/2 T olive oil in a large saute pan over a high heat
- 10 Add onion & carrot & cook (2 minutes)
- 11 Add 2 scallions, garlic & ginger to the pan & cook (2 minutes)
- 12 Add in the rest of the olive oil & the quinoa
- 13 Stir-fry (2 minutes & add sauce & blend it into the quinoa mix (2 minutes
- 14 Make a well in the center of the quinoa mix & pour egg substitute & then the peas into the well
- 15 Toss everything together until the peas are warmed thru

NOTE

Serves 4 - 6

