

## Veggie-Loaded Quinoa Stir Fry

**Prep:** 5 minutes

**Cook:** 30 minutes

### Ingredients

1 cup uncooked quinoa, rinsed thoroughly  
1 tbsp. chopped garlic  
6 cups frozen stir-fry veggies  
4 cups broccoli florets  
1/2 cup all-natural thick teriyaki marinade or sauce



### Directions

In a medium pot, combine quinoa, 1/2 tbsp. garlic, and 2 cups water. Bring to a boil, and then reduce heat to low. Cover and let simmer for 15 minutes, or until water has been absorbed and quinoa is fully cooked. Transfer to a large bowl, and cover to keep warm.

Bring a very large skillet sprayed with nonstick spray to medium heat. Add remaining 1/2 tbsp. garlic, stir-fry veggies, broccoli, and 1/4 cup water. Cover and cook until veggies have mostly softened, 6 - 8 minutes.

Uncover, and cook and stir until excess liquid has evaporated and veggies are fully softened, about 2 minutes.

Add teriyaki sauce and cooked quinoa and mix well. Cook and stir until hot, about 1 minute. Serve up and enjoy!

MAKES 4 SERVINGS

Nutrition Information: (Per Serving)

#### **4 Servings (about 2 cups)**

325 Calories  
4 g Fat  
59 g Carbohydrate  
3 g Protein

#### **8 Servings (about 1 cup)**

160 Calories  
2 g Fat  
30 g Carbohydrate  
2 g Protein

Recipe from:

<http://www.hungry-girl.com/recipes/veggie-loaded-quinoa-stir-fry>

# QUINOA

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- Considered a whole grain
- A protein-rich seed
- 1 cup = 8 grams of protein (about twice the amount found in other starches such as oats & brown rice)
- Low in fat & cholesterol
- Loaded with iron, magnesium, & fiber
- Simple to make - cooks in just 15 short minutes
- Prepare with chicken broth instead of water to add more flavor
- Considered a low-glycemic carbohydrate, which means it won't cause a spike in your blood sugar but instead will provide you with more stable energy



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**Nutrition Facts** (from Calorie King.com)

½ Cup Quinoa, Cooked

110 Calories

2 g Fat

20 g Carbohydrate

4 g Protein

<http://emsleywillingham.blogspot.com/>