

Stir Fried Quinoa and Vegetables



Ingredients

1 Tbsp olive oil	1/2 cup frozen peas
1 small onion, diced	2 carrots, peeled and grated
2 cloves garlic, minced	3 cups quinoa, cooked
8 oz mushrooms, sliced	1 Tbsp fresh ginger, grated
1 head broccoli, cut into florets	3 Tbsp low sodium soy sauce
1 zucchini, chopped	2 green onions, sliced
1/2 cup frozen corn	

Instructions

Instructions: Heat 1 tablespoon olive oil in a medium skillet over low heat. Add onion and cook until translucent, about 5 minutes. Add garlic and saute 1 minute. Add mushrooms, broccoli and zucchini. Cook until vegetables are tender. Add corn, peas, carrots and quinoa. Heat through. Add ginger and soy sauce and gently toss to combine. Stir in green onions and serve.

Nutrition Information Per Serving

Serves 6

Calories: 250

Fat: 6 gm

Sodium: 300 mg

Fiber: 5.5 gm

Carbohydrates: 31 gm

Protein: 9 gm