

Quinoa Fried Rice

Servings: 2

RECIPE BOX

INGREDIENTS

- 1 CUP QUINOA
- 2 CUPS WATER OR LOW-SODIUM CHICKEN STOCK
- 1/4 SMALL ONION, CHOPPED
- 2 CARROTS, PEELED AND CHOPPED (ABOUT 3/4 CUP)
- 3 SCALLIONS, CHOPPED AND DIVIDED
- 3 GARLIC CLOVES, MINCED
- 1/2 TEASPOON FRESH GINGER, MINCED
- 1 TABLESPOON OLIVE OIL
- 2 1/2 TABLESPOONS SOY SAUCE
- 1 1/2 TABLESPOONS TERIYAKI SAUCE
- 3/4 TEASPOON SCALLIONS
- 2 EGGS, LIGHTLY SCRAMBLED (STILL RAW)
- 1/2 CUP FROZEN PEAS, THAWED



DIRECTIONS:

STEP 1: Rinse quinoa a few times in cold water. Bring quinoa & water or chicken stock to a boil in med. Saucepan and reduce to simmer, season with salt.

STEP 2: Simmer for 15-20 minutes until quinoa is fluffy and cooked through. Remove from heat and fluff with a fork. Transfer to plate and place in fridge to chill.

STEP 3: Mix soy sauce and sesame oil in small bowl. Set aside.

STEP 4: Heat 1/2 tbsp. olive oil in large saute pan over high heat. Add onion & carrot, cook about 2 minutes.

STEP 5: Add 2 scallions, garlic & ginger. Cook another 2 minutes. Add in the rest of the olive oil and quinoa. Stir-fry about 2 min.

STEP 6: Add sauce and stir-fry until mixed.

STEP 7: Make a well in the center, pour eggs & scramble.

STEP 8: Throw in peas, toss everything together until peas are warmed. Add remaining scallions and serve.



Be sure to use gluten free soy sauce and teriyaki sauce.



This recipe is vegetarian as written.

Nutrition per Serving: Calories 300, Total Fat 8.4g, Carbs 42g, Protein 14.6g, Fiber 5.7g, Sugars 7.3g.

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