



K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 2C cooked quinoa
- 1 chopped medium yellow onion
- 2-3 chopped stalks celery
- 2 diced peeled carrots
- 1/2C frozen peas
- 1/2C frozen corn
- 2 chopped red sweet peppers
- 3 minced garlic cloves
- 1' knob fresh ginger, peeled and grated
- 1T olive oil
- 2.5T low sodium soy sauce
- 1t sesame oil
- 3 whisked eggs
- 2T sesame seeds

Quinoa Fried “Rice”

Preparation

1. Heat skillet over high. Add 1/2T oil and scramble eggs. Set aside.
2. In the same skillet, reduce heat to medium high, add remaining oil and all veggies. Cook about 6 min until tender. Add garlic and ginger. Cook 2 min.
3. Add cooked quinoa and stir 2 min. Stir in soy sauce and sesame oil. Add scrambled eggs and incorporate completely.
4. Serve topped with sesame seeds.

Tips

If using a wok, cook vegetables first, incorporate quinoa and push to the edges of the pan. Scramble eggs in the middle, then mix.