

Quinoa "Fried Rice"

Ingredients:

QUINOA

3 cups cooked and cooled white quinoa (about 1 cup raw)

SAUCE (or use extra from above similar sauce recipe if you double it!)

4 T. coconut aminos
1 T. maple syrup
1 T. almond butter (or sub peanut butter)
2 T. lime juice
¼ tsp. chili flakes, optional
¼ c. diced green onion

THE REST

1 T. water
3 T. coconut aminos (divided)
1 c. finely chopped carrots
1 c. chopped green onion (save green tops for garnish)
3 c. chopped baby broccoli, kale and red cabbage or any veggies you prefer
½ c. peanuts or cashews
Tofu (from recipe above), optional
Cilantro for garnish



Servings: 6



Nutrition Facts

6 servings per container
Serving size 1/2 cup (205g)

Amount per serving
Calories 240

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 9g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 350mg | 15% |
| Total Carbohydrate 32g | 12% |
| Dietary Fiber 3g | 11% |
| Total Sugars 8g | |
| Includes 2g Added Sugars | 4% |
| Protein 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 57mg | 4% |
| Iron 3mg | 15% |
| Potassium 429mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Cook quinoa by brining 1 cup quinoa and 2 cups water to boil, then immediately reduce heat to low and cook with lid on for 20 minutes
2. Prepare sauce by adding all ingredients to a mixing bowl and whisking to combine (OR use leftover sauce from tofu marinade)
3. Heat a large skillet over medium-high heat. Once hot, add water and 1 T coconut aminos and carrots and broccoli stems. Cover and cook for 3-4 minutes, stirring occasionally.
4. Next, add chopped green onion, broccoli (or other vegetables), along with another 1 T of the coconut aminos. Stir, cover, and cook for another 2 minutes or so
5. Add quinoa and remaining coconut aminos. Stir and cook for 1 minute. Then add sauce and stir.
6. Cook for another 4-5 minutes, stirring occasionally. Add in tofu if you have it
7. Serve as is, or garnish with additional cashews, lime wedges, and chopped green onion. Best when fresh. Leftovers keep covered in the refrigerator up to 4 days or in the freezer up to 1 month. Reheat on the stovetop until hot