

Fried Rice-Style Quinoa

Serves 5 (1 cup servings)



Ingredients:

- 2 cups cooked quinoa
- 2 eggs
- 1 tsp butter
- 1 Tbsp vegetable oil
- 3 garlic cloves, minced
- 2 green onions, sliced
- 1 ½ cups frozen peas and carrots
- ¼ cup raisins
- 3 Tbsp soy sauce

Directions:

1. Make 2 cups of quinoa according to package directions and set aside.
2. In a large non-stick skillet or wok, melt butter over medium heat. Break eggs into the butter and stir fry until dry. Remove the egg from the pan and set aside.
3. Add oil and garlic to the pan, cook over medium heat for 2 minutes. Add green onions, peas and carrots. Stir fry for about 3-4 minutes.
4. Add quinoa, egg, raisins and soy sauce. Stir-fry until heated through, about 3 minutes. Remove from heat and serve.

Nutrition Facts per serving:
200 calories; 7g fat; 29g carbohydrates; 8g protein;
8g sugars; 75mg cholesterol; 620mg sodium.

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