

Quinoa “Fried Rice”

Heat the oil in a large wok. Add cabbage mix and stir fry until tender. Scramble in the egg and cook until not runny.

Add quinoa, green onions, chicken, sauces and spices. Stir-fry on high heat for just a few minutes until everything is warm and well combined. Remove from heat. Toss cilantro throughout the dish and enjoy!

This dish is a delicious way to use leftovers. Swap out the veggies and protein for whatever you happen to have on hand.

The quinoa is best if cooked ahead of time and chilled.

This will keep the fried “rice” from getting mushy:)

Quinoa is a delightful “pseudo grain” that contains all essential amino acids (it’s a complete protein source), lots of fiber, and magnesium. Boost the nutritional value of any meal by subbing in quinoa for other starches. It cooks like rice and tastes delish!