

Healthy Vegetable Fried Quinoa

Makes: 4 Servings

"One night at dinner we had leftover quinoa and a garden full of vegetables and came up with this dinner. I liked it so much that I wanted the leftovers in my lunch the next day and even requested it for my birthday dinner," says Joshua. "I would serve orange slices with mango Greek yogurt to have all the food groups represented from ChooseMyPlate."

Ingredients

- 2 cups** quinoa (rinsed)
- 1 tablespoon** safflower oil
- 1 tablespoon** grated fresh ginger
- 1 clove** garlic (minced)
- 1 cup** diced carrots
- 6** snow peas
- 1 cup** baby bok choy
- 2 cups** kale (stems removed, and torn into small pieces)
- 1/4 cup** minced fresh chives
- 2** large eggs (or 1/2 cup egg substitute)
- 1 tablespoon** reduced-sodium soy sauce

Directions

1. In a medium saucepan, cook the quinoa according to the package directions.
2. While the quinoa is cooking, in a large sauté pan or wok over moderately high heat, warm the oil. Add the ginger and garlic and sauté, stirring, for 1 minute.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	333	
Total Fat	9 g	14%
Protein	16 g	
Carbohydrates	51 g	17%
Dietary Fiber	9 g	36%
Saturated Fat	1.5 g	8%
Sodium	319 mg	13%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 1/2 ounces
Protein Foods	1/2 ounce

3. Add the carrots, snow peas, bok choy, kale, and chives and continue cooking, stirring occasionally, until tender, about 5 minutes.

4. Add the cooked quinoa and stir to combine. Add the eggs and continue to cook, stirring, until scrambled, about 3 minutes.

5. Add the soy sauce and continue to cook, stirring, for 1 minute. Serve hot.

Notes

State: Montana

Child's Name: Joshua Garrigues, 8