



Quinoa Stir Fry

Ingredients:

1 ½ cup cooked Quinoa
2 to 3 oz. carrots, julienned
2 to 3 oz. cremini mushrooms, sliced
2 to 3 oz. broccoli florets
1 Tbsp. fresh minced garlic
1 Tbsp. fresh minced ginger
1 ½ to 2 Tbsp. tamari
1 oz. olive oil
Cilantro, chopped, for garnish
Fresh organic sprouts, for garnish

Procedure:

Cook Quinoa according to package directions and season with salt and pepper. Pour onto a sheet pan to cool.

Per order heat olive oil to almost smoking, add carrots, broccoli and mushrooms; sauté. Add garlic and ginger, add cooked quinoa and heat through.

Take off heat and add tamari. Plate and garnish with cilantro and mix of fresh organic sprouts.

