

Dr. Erika's Quinoa Stir Fry

Serves 2

Ingredients

1/3 c. quinoa	4 large kale leaves, chopped
2/3 c. plus 1/2 c. filtered water	2 large carrots, chopped
1/8 t. salt	2 c. broccoli, chopped (heads and stem)
1 T. olive oil	1 t. sesame oil
1/4 t. mustard seeds	Dash of sea salt or wheat-free tamari
1/2 t. whole cumin seeds	1/4 c. raisins and/or 1/4 c. chopped almonds (optional), for garnish
1 medium onion, chopped	

Directions

In a small saucepan, bring quinoa, 2/3 c. water, and 1/8 teaspoon salt to a boil. Cover, reduce heat to medium, and simmer for 15 minutes. In a deep, large pan over medium heat, sauté mustard and cumin seeds in olive oil until mustard seeds pop. Add onions and sauté on low heat until onions soften.

Immediately add kale, carrots, broccoli, and 1/2 c. filtered water. Sauté 3-5 minutes on low to medium heat, till the vegetables are crisp-tender. Add remaining ingredients; combine all in a large bowl with cooked quinoa.

Serve warm or cool.

Nutrition Information

284 calories, 8.6 g protein, 41 g carbohydrate, 7 g fiber, 12 g total fat, 1.5 g saturated fat, 240 mg sodium