

Quinoa Stir Fry

Ingredients:

- 1 cup of quinoa
- 2 cups of water
- 1 tablespoon of coconut oil
- 1 teaspoon of sesame oil
- 1 cup of broccoli but into bite size pieces
- 1 cup of snap or sugar peas
- 1 cup of carrots, diced or cut into strips
- 1/2 cup of baby corn cobs
- 1/2 cup of green onions, chopped
- 1/2 cup of fresh sprouts (optional)
- 1 jar of [Blue Dragon Chow Mein Stir Fry Sauce](#)

Directions:

Rinse the quinoa well in a fine mesh strainer. Transfer to a medium sized pot and add the water. Cook on high heat until boiling. Reduce to low and simmer for 15-20 minutes until tender. Fluff with a fork and set aside.

In a large skillet or wok heat the coconut and sesame oil over medium high heat. Add all of the vegetables, except the sprouts. Stir fry for 3 minutes. Add the Chow Mein sauce and let simmer over medium low heat for about 10 minutes or until the vegetables are slightly tender (or less if you like them a little crisper). Stir in the cooked quinoa and cook another 3-4 minutes until heated through.

Top with fresh sprouts, if desired, and serve.