



Veggie-Loaded Quinoa Stir-Fry



1/4th of recipe (about 2 cups): 323 calories, 4g total fat (<0.5g sat. fat), 788mg sodium, 59g carbs, 8.5g fiber, 18.5g sugars, 12.5g protein

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Prep: 5 minutes **Cook:** 30 minutes



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Ingredients

1 cup uncooked quinoa, rinsed thoroughly
1 tbsp. chopped garlic
6 cups frozen stir-fry veggies
4 cups broccoli florets
1/2 cup all-natural thick teriyaki marinade or sauce (like [the kind by Annie Chun's](#))

Directions

In a medium pot, combine quinoa, 1/2 tbsp. garlic, and 2 cups water. Bring to a boil, and then reduce heat to low. Cover and let simmer for 15 minutes, or until water has been absorbed and quinoa is fully cooked. Transfer to a large bowl, and cover to keep warm.

Bring a very large skillet sprayed with nonstick spray to medium heat. Add remaining 1/2 tbsp. garlic, stir-fry veggies, broccoli, and 1/4 cup water. Cover and cook until veggies have mostly softened, 6 - 8 minutes.

Uncover, and cook and stir until excess liquid has evaporated and veggies are fully softened, about 2 minutes.

Add teriyaki sauce and cooked quinoa and mix well. Cook and stir until hot, about 1 minute. Serve up and enjoy!

MAKES 4 SERVINGS

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