

Quinoa “Fried Rice”

Ingredients:

QUINOA

3 cups cooked and cooled white quinoa (about 1 cup raw)

SAUCE (or use extra from above similar sauce recipe if you double it!)

4 T. coconut aminos
 1 T. maple syrup
 1 T. almond butter (or sub peanut butter)
 2 T. lime juice
 ¼ tsp. chili flakes, optional
 1/4 c. diced green onion

THE REST

1 T. water
 3 T. coconut aminos (divided)
 1 c. finely chopped carrots
 1 c. chopped green onion (save green tops for garnish)
 3 c. chopped baby broccoli, kale and red cabbage or any veggies you prefer
 1/2 c. peanuts or cashews
 Tofu (from recipe above), optional
 Cilantro for garnish



Servings: 6



*VEGAN

Nutrition Facts

6 servings per container
Serving size 1/2 cup (205g)

Amount per serving
Calories **240**

% Daily Value*

Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 3mg	15%
Potassium 429mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.