



## Quinoa and Vegetable "Fried Rice"

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Makes 10 portions

### **Ingredients:**

2 oz. Olive Oil  
4 each Eggs, large – beaten  
5 each Garlic Cloves – minced  
12 oz. Onion – ¼" dice  
1 lb. Mushrooms – ¼" slices  
2 head Broccoli – cut into bite size florets  
2 cup Zucchini – ¼" dice  
1 cup Yellow Squash – ¼" dice  
1 cup Corn Kernels  
1 cup Peas  
8 oz. Carrots – shredded  
6 cup Quinoa – cooked  
2 ½ tbsp. Fresh Ginger – minced  
1/3 cup Soy Sauce  
2 tsp. Toasted Sesame Oil  
5 each Scallions – sliced thin

### **Directions:**

Mix the eggs

Heat 1 tbsp. of oil in a wok or sauté pan. Add the eggs and cook through, flipping once.

Remove and cool, Cut into small pieces.

Heat the remaining oil in the wok/sauté pan until smoking.

Add the garlic and onions and cook until lightly browned, add mushrooms, broccoli, zucchini and yellow squash – cook until tender about 6-8 minutes

Add the corn, peas, carrots and quinoa. Cook while stirring, until all items are heated thoroughly.

Add the ginger and soy sauce – toss all ingredients to blend well.

Finish with the toasted Sesame oil and sliced scallions

Toss to mix.