

Stir Fried Quinoa



FOODSERVICE

SERVING SIZE: 6

Ingredients

- 3 cups **Furmano's Fully Cooked Quinoa**
- 1 1/2 tablespoons Canola Oil
- 2 each Eggs
- 1/4 cup Diced Onions
- 1 teaspoon Minced Garlic
- 1 teaspoon Minced Ginger
- 2 cups Mixed Frozen Vegetables
- 3 each Sliced Green Onion
- 3 tablespoons Soy Sauce
- 1/4 teaspoon Red Pepper Flakes

In This Recipe



Fully Cooked Quinoa - 24 oz.



Fully Cooked Quinoa - 96 oz.

Preparation

1. In a large saute pan (or wok) over medium heat, add Canola Oil
2. Next, add onion and saute until translucent
3. Then, add Quinoa and stir
4. Add, Eggs and mix while cooking
5. Next, add Garlic, Ginger, and Mixed Vegetables. Heat through
6. Before serving, add Soy Sauce, Green Onions, and Red Pepper Flakes. Stir to incorporate.

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