

Vegetable Fried Quinoa

Vegetable Fried Quinoa is a hearty main dish, great for lunch or dinner. The vegetables provide plenty of vitamins and minerals, while the quinoa is rich in proteins and dietary fiber.



Main Dish

15 min

Total time

Moderate

Difficulty

298

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1/2 cup of cooked quinoa
- 1/2 cup diced vegetables (any combination of zucchini, bell peppers, tomatoes, mushrooms)
- 1 tablespoon extra-virgin olive oil
- Salt, pepper to taste

Steps

- 1 Heat olive oil in a large pan over medium heat.
- 2 Add diced vegetables and sauté for about 5 minutes or until tender.
- 3 Stir in cooked quinoa and season with salt and pepper.
- 4 Cook for 5 more minutes, stirring occasionally, until quinoa is heated through.