

Edamame and Quinoa Stir Fry

INGREDIENTS

- 1 tbsp low-sodium tamari or soy sauce
- 2 tsp vegetable oil
- 1/4 white onion
- 3 carrots
- 3 green onions
- 1/4 tsp garlic powder
- 1 tsp fresh ginger
- 1/2 cup red cabbage
- 2 cups quinoa (cooked)
- 1/2 cup frozen peas
- 1 cup frozen edamame
- Salt, to taste
- Pepper, to taste

METHOD

1 Cook the quinoa according to package directions. Chop the white onion. Dice the carrots. Chop the green onions. Mince the fresh ginger. Chop the red cabbage. Thaw the peas and edamame.

2 Heat the vegetable oil in a large sauté pan over medium-high heat. Add the onion and carrots. Cook until the onion becomes tender and slightly translucent.

Next, add the green onions, garlic powder, and fresh ginger. Cook until fragrant. Then, add the cooked quinoa, red cabbage, and low-sodium tamari. Stir-fry for about 2 minutes.

Finally, add the peas and edamame. Stir until everything is heated through. Season with salt and pepper to taste.

TIPS & ADDITIONAL INFORMATION

Use low-sodium tamari or soy sauce to help reduce sodium.