

Recipe

Quinoa and Stir Fried Vegetables

By

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Ingredients

3 cups quinoa*
1 carrot stick, chopped
3 celery sticks, chopped
1 ½ cups chopped broccoli
2 cups chopped cabbage
1 ½ cup chopped summer squash
1 ½ tsp salt
¼ tsp pepper
2 tbsp olive oil

Preparation

Cook quinoa in a pot with 4 ½ cups of water and a few drops of oil. Bring to boil then turn heat to low. Cover and cook for 18 minutes.

Meanwhile, heat the skillet with oil. Cook carrot and celery for 5 minutes. Add salt, pepper, cabbage, broccolis, and squash and cook for another 5 minutes.

*Quinoa is rich in protein and it has a nutty favor. This South American origin vegetable looks like millet but it is not grain. You can use it to replace rice on Ekadasi. Make sure it is washed before cooking or it will have a bitterness taste.

Serves

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