

Broccoli Quinoa Fried Rice

Prep time: 5

Cook time: 10

Makes: 4 servings

Ingredients:

½ small yellow onion, chopped

½ cup peppers, chopped (any color is fine, we use all colors!)

½ cup broccoli, chopped

¼ teaspoon minced garlic

1½ cups quinoa

¼ - ½ teaspoon salt

1 large egg



Directions:

1. In a pan saute a onion with a little olive oil until slightly browned, add in the remaining vegetables and cook them until al dente (a little firm, not mushy).
2. Add in the quinoa rice to warm it up and sprinkle in the salt.
3. Create a well in the center of the pan and add in your egg, stirring quickly to cook and get a good scramble.
4. Mix the eggs with the rest of the ingredients to combine and serve.

Nutrition Information:

Amount: 1 serving

Calories: 259

Total Fat: 44g

Saturated Fat

8 g

Cholesterol

47 mg

Sodium

181 mg

Total Carbohydrate

43 g

Dietary Fiber

6 g

Total Sugars

3 g

Added Sugars included

0 g

Protein

11 g

Vitamin D

0 mcg

Calcium

49 mg

Iron

3 mg

Potassium

429 mg

N/A - data is not available

Source:

<https://www.knowyourproduce.com/broccoli-quinoa-fried-rice/>