

Vegetable Quinoa Bowl with Spicy Peanut Sauce



Makes:

6 servings, as an entrée

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Wok with Cover
small mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Quinoa is quick cooking, easy to digest, gluten-free, and high in protein, iron and B vitamins. Quinoa is native to the high valleys of the Andes. Cook-up a big batch of quinoa and have it on hand for the start of a simple meal like this tasty and economical on pan dish.

1 cup
onions, strung, use Cone #2
(160
g)
2 cloves garlic, shredded, use Cone #1
1 pound
asparagus, sliced, use Cone #5, leaving 1-inch tip whole (works
best with thicker spears)
(454
g)
2 carrots, scrubbed and julienned, use Cone #2
1 cup
peas, frozen
(134
g)
2 cups
chopped spinach, washed
(60
g)
3 cups
quinoa, cooked
(555
g)
1 teaspoon
natural salt
(6
g)

2 scallions, sliced thin on diagonal (optional)
1/2 cup
sliced almonds, or chopped peanuts (optional)

(46
g)

Spicy Peanut Sauce

1/3
cup natural peanut butter, (86 g) 1/4
creamy cup water (60 mL) 1
lime, juiced 2
tablespoons tamari (wheat-free soy sauce), or coconut
amino (30 mL)
2
tablespoons rice (30 mL) 1
vinegar 1/2
tablespoon ginger, shredded, use Cone (6 g)
#1

Directions:

- teaspoon roasted red chili (2 g)
paste
1. Preheat wok over medium heat. When several drops of water sprinkled on wok skitter and dissipate, add onions and garlic. Stir-fry for 2 minutes until lightly golden, tossing to cook evenly.
 2. Place asparagus and carrots in a bowl, cover with water and drain. Add to wok and stir-fry for 2 - 3 minutes, until tender crisp.
 3. Add peas, spinach, cooked quinoa and salt. Toss to combine.
 4. Cover and cook for 2 - 3 minutes until spinach is wilted and heated through.
 5. In a small bowl, thoroughly combine spicy peanut sauce ingredients.
 6. Serve quinoa vegetable stir-fry hot or at room temperature topped with peanut sauce and garnished with scallions and chopped nuts.

Tips:

- Substitute cooked quinoa for basmati rice or couscous.
- Substitute roasted red chili paste for Sriracha or hot sauce.
- Add in chopped chicken, pork, beef or leftover cooked fish.
- Coconut Aminos is a gluten-free, soy-free, vegan alternative for soy sauce. It is lower in sodium content with no msg.

Nutritional Information per

▼ Serving

Calories: 307
Total Fat: 13g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 866mg
Total 40g
Carbs:
Dietary Fiber: 9g
Sugar: 7g
Protein: 14g