

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 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, creamy

(86

g)

¹?₄

cup

water

(60

mL)

1

lime, juiced

2

tablespoons

tamari (wheat-free soy sauce), or coconut aminos

(30

mL)
2
tablespoons
rice vinegar
(30
mL)
1
tablespoon
ginger, shredded, use Cone #1
(6
g)
?2
teaspoon
roasted red chili paste
(2
g)

Directions:

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 Siracha 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 Carbs:

40g

Dietary Fiber:

9g

Sugar:

7g

Protein:

14g