

Build a Bowl & Stir Fry's

Stir fry and meal in a bowl recipes are very similar. The best part about both of them are they are wonderful meal prep ideas! Meal prep is a great idea because it leaves you with healthy choices when you are in a rush or don't plan for a meal! Most all meal in a bowl or stir fry recipes are super versatile and all typically most all ingredients are exchangeable – typical they each will start with a carbohydrate base, protein, vegetables and a sauce if you desire! As usual if you find a recipe you want to fry shop in your pantry first!

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Homemade Stir Fry Sauce

Super Food: Quinoa

Honey Sesame Chicken Bowl

Ingredients

- ¾ cup Brown Rice or Quinoa (about 2 cups cooked)
- 2 Tbsp Olive Oil (divided)
- 3 cups Broccoli, chopped into small pieces
- 3 cups Snapped Peas, ends trimmed
- 2 Chicken Breasts, chopped (about 1 lb meat)
- Salt and Pepper, to taste

Sesame Sauce

- ¼ cup Chicken Stock or Water
- ¼ cup Reduced Sodium Soy Sauce
- ¼ cup Honey or Maple Syrup
- 1 Tbsp Sesame Oil
- ½ tsp Red Pepper Flakes
- 1 tsp Cornstarch

Instructions

1. Shake together all honey sesame sauce ingredients and set aside.
2. Cook rice according to package instructions. Divide between 4 storage containers – ½ cup each (if meal prepping).
3. Heat 1 tablespoon olive oil in a large pan. Add broccoli and snap peas. Cook for 5-7 minutes, until bright green and tender. Add to the rice in the storage containers.
4. Add remaining 1 tablespoon olive oil to pan. Add the chicken to the pan. Season with salt and pepper, and red pepper flakes (if desired). Cook for 7-10 minutes, until cooked through.
5. Add the sauce to the pan and simmer for 2 minutes, until thickened.
6. Add the chicken to the lunch containers and drizzle with sauce.
7. Store in the fridge for up to 4 days. Reheat to serve.

Recipe Suggestions: May use quinoa or riced cauliflower in place of rice. May use any combination of vegetables in this dish – need a total of 6 cups – your choice. May use your choice of meat – total of 1 pound.

Yield: 4 servings.

How to Make the Perfect Quinoa

Ingredients

- 1 cup Quinoa
- 2 cups Water or Low Sodium Broth
- Salt, to taste

Instructions

1. Place the quinoa in a fine-mesh sieve and rinse with cold water (unless your quinoa is labeled pre-rinsed).
2. Pour the quinoa into a medium saucepan over medium high heat. You can toast the quinoa for a couple of minutes, stirring occasionally. Or add the broth or water immediately and season with salt.
3. Bring to a simmer, cover the pot, and simmer for 15 to 20 minutes until the liquid is absorbed and the quinoa grains have sprouted their little tendrils.
4. Remove from the heat.
5. Allow the quinoa to sit, covered for about 5 minutes, then lift the lid, fluff the quinoa, and serve, or cool.

BBQ Chicken Bowl with Sweet Potatoes and Coleslaw

Ingredients

BBQ Chicken

- 2 boneless skinless Chicken Breasts (about 1 ¼ lb-making 2 ½ cups shredded meat)
- ¾ cup BBQ Sauce
- 2 Tbsp Italian Dressing – See Note
- Salt and Pepper, to taste

Sweet Potatoes

- 2 Sweet Potatoes, Peeled and Cubed
- 2 tsp Chili Powder
- Dash of Cinnamon
- 1 Tbsp Olive Oil

Coleslaw

- 1-14 oz bag of Coleslaw
- 1/3 cup apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp honey, (or more, depending on sweetness)
- 1/2 tbsp Dijon mustard
- 1 tsp celery seed
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 425° F.
2. Make sweet potatoes: On a baking sheet, toss all ingredients and roast for 20 m. After 20 minutes, stir well, then return to oven. Bake another 10-15 minutes or until browning on edges but not too crunchy or crisp.
3. Make BBQ chicken: Next, combine all ingredients in an Instant Pot (see more cooking options below). Seal and cook at High Pressure for 10 minutes. Quick release when time is up then shred chicken breasts with two forks or use a hand mixer on low speed. Turn on Sauté mode and heat for 5 minutes until chicken is coated in sauce. If you do not have an Instant Pot, see Note for regular shredded chicken or slow cooker directions.
4. Make coleslaw: Mix all ingredients besides coleslaw mix in a small bowl. Place coleslaw mix in a medium bowl and pour dressing over. Combine well, using hands if desired.
5. Assemble bowls: Divide sweet potatoes, BBQ chicken, and coleslaw evenly among 4 bowls. Garnish with fresh chopped parsley if desired.

Recipe Notes

- **Cooking chicken in a Crockpot:** Combine all your BBQ chicken ingredients in the slow cooker. Cook covered on High for 3 hours or Low for 5 hours.
- **To make without a slow cooker or Instant Pot:** Shred 2 medium boneless, skinless chicken breasts with two forks, then place in a medium saucepan over medium heat. Cover with 3/4 cup of BBQ sauce and stir until chicken is heated through and sauce is absorbed. Add more sauce if desired.
- **To save extra coleslaw:** Drain excess liquid and save for another use in an airtight container in the fridge up to 4 days.

Cajun Sweet Potato Rice Bowl

Ingredients

2 Sweet Potatoes
2 Tbsp Cajun Seasoning
2 Tbsp Olive Oil
1-14 oz canned Black Beans – rinsed and drained (+1 Tbsp Olive Oil & 3 tsp minced Garlic*)
1 ½ cups Rice, uncooked (quinoa or riced cauliflower)
Salt and Pepper, to taste

Optional Add Ons:

1 cup Onions, chopped
2 Bell Peppers, chopped
1 Avocado, cubed
Tahini Sauce for serving, 1/3 cup tahini, 1 Tbsp garlic powder, 1 lemon juice and 1/8 cup or more water to thin.

Instructions

1. Cook the rice (or carbohydrate choice) according to the directions.
2. On a baking sheet prepared with parchment paper or sprayed well with non-stick cooking spray, mix the sweet potatoes cubes with olive oil, Cajun seasoning. Season with salt and pepper. Bake for around 20 minutes at 415 degrees.
3. *Prepare the black beans – in a small skillet, heat oil, minced garlic, add optional onions and bell pepper. Finally, add drained canned beans and set aside, and keep warm.
4. Assemble the bowl. Start with rice, followed by sweet potatoes, beans, and optional avocado cubes, and a good amount of tahini, hot or BBQ sauce.

Yield: 6 servings

Cauliflower Cashew Bowl

Ingredients

Vinaigrette

- ¼ cup Olive Oil
- ¼ cup White Wine Vinegar
- 2 Tbsp Honey
- ½ tsp Dijon Mustard
- 2 tsp finely grated, Ginger

Salad

- 2/3 cup uncooked Pearl Barley (makes about 2 cups cooked)
- 1 head Cauliflower, chopped into bite-sized pieces (8-10 cups)
- 1 Tbsp Olive Oil
- Salt and Pepper, to taste
- ½ cup Cashews
- 1-15 oz can of Chickpeas – drained and rinsed

Instructions

1. Cook pearl barley according to package directions. Set aside to cool.
2. Pre-heat oven to 425 degrees.
3. Toss the cauliflower with the olive oil in a large bowl and sprinkle with salt and pepper.
4. Spread cauliflower on a large baking sheet.
5. Roast cauliflower, turning occasionally, for 20-30 minutes, until soft and golden in places.
6. Shake together all vinaigrette ingredients.
7. Toss all salad ingredients together, divide into 4 sealable lunch containers – if meal prepping, and store refrigerated until you're ready to eat.
8. Store up to 4 days – may eat hot or cold.

Yield: 4 servings.

Recipe Tip: To keep cashews crunchy, keep them separate until the day or time of serving.

Chicken Burrito Bowl

Ingredients

- 1 Tbsp Olive Oil
- 1 clove Garlic, chopped (1 tsp Minced Garlic)
- 4 cups Cauliflower Rice
- ¼ Low Sodium Chicken Broth or Water
- ¼ cup Scallions, chopped
- ¼ cup Cilantro, chopped
- 1 Tbsp Lime Juice
- 1 ¼ pounds Ground Chicken
- 2 Tbsp Taco Seasoning
- 2 cups Black Beans – if canned – drain and rinse
- 2 cups frozen Corn, defrosted
- 1 pint Cherry Tomatoes, quartered
- ½ cup Greek Yogurt
- 2 Tbsp Chipolte in Adobe Sauce
- 1 Tbsp Lime Juice

Instructions

1. Heat one teaspoon of oil into a large non-stick sauté pan. Toss in garlic with a pinch of salt and sauté until fragrant.
2. Add cauliflower rice to the pan along with salt, pepper and chicken broth (or water). Pop on the lid and cook for 3-4 minutes or until the rice is tender. Transfer to a bowl and allow to cool before stirring in scallions, cilantro and lime juice. Set aside.
3. Heat a large non-stick sauté pan over a medium heat, add in remaining oil and ground chicken. Season with salt and pepper and break into crumbles with a rubber or wooden spatula until the chicken is in crumbles.
4. Once the chicken has turned from translucent to opaque, add in taco seasoning and stir to coat the chicken with the spices. Cook for a couple more minutes or until chicken is cooked through. Shut off the heat and allow to cool.
5. Once all of your ingredients are prepped and ready to go, you are ready to assemble your bowls.
6. Starting on one side of your meal prep container, layer cauliflower rice, corn, black beans, chicken and tomatoes. Repeat until you make 4 burrito bowls.
7. *OPTIONAL: combine greek yogurt, chipotle sauce and lime juice. Mix well!
8. Store burrito bowls in the fridge for up to 5 days. Top with yogurt sauce before eating. Enjoy!

Yield: 4 cups

Eggroll in a Bowl

Ingredients

- 1 lb ground Chicken or Turkey (beef or por)
- 2 teaspoons fresh ginger, grated or minced
- ¼ cup chopped Yellow Onion
- 2 cloves Garlic, minced
- 2 teaspoons Sesame Oil (any oil works)
- 1-12 oz package Coleslaw or Broccoli Slaw Mix
- 3 Tablespoons Low-Sodium Soy Sauce
- 1 teaspoon Sriracha - spicy
- 2 Green Onions, chopped
- Sriracha, for serving (optional)
- Sesame Seeds and Cilantro, for garnish (optional)

Instructions

1. Brown ground meat in a large skillet. Break meat into smaller pieces as it cooks using a wooden spoon or spatula. Cook for about 6-8 minutes or until the meat is no longer pink. Remove from heat.
2. In the same skillet over medium heat, add sesame oil. Once hot, add onion, garlic and ginger and cook until fragrant, about 3-5 minutes. Add coleslaw mix (shredded cabbage and carrots) into the skillet. Toss and add low sodium soy sauce and sriracha (optional). Cook for another 3-5 minutes or until cabbage is tender.
3. Portion into bowls and top each with green onions and a drizzle of sriracha, sesame seeds and cilantro (if using).

Yield: 3 servings

Roasted Nourish Bowls

Ingredients

- 1 – 2 tablespoons Olive Oil
- 1 large Sweet Potato, cut into 3/4" cubes
- 2 large Carrots, sliced
- 1 1/2 cups Brussel Sprouts, halved or quartered
- 1 1/2 cups Broccoli Florets
- 1/2 large Red Onion, sliced
- 6 Serrano Chilis, sliced in half and de-seeded(optional – if desire the spice)
- 1 can (15 oz) Chickpeas, drained and rinsed or 1 1/2 cups cooked
- 1 – 2 Lemons, cut into six pieces
- Salt and Pepper, to taste

To serve

- 2 cups cooked Quinoa (or rice, barley or riced cauliflower)
- 5 oz. Spinach
- 1 – 2 Avocados
- big dollop of Hummus

Instructions

1. Preheat oven to 400 degrees F.
2. Prepare vegetables: remove any unsightly spots on the sweet potato skins before cubing, peel the carrots if needed and half or quarter the brussels sprouts depending on the size.
3. Roast: Place vegetables, chickpeas and lemon in a large roasting pan or rimmed baking sheet. Toss with oil and sprinkle with salt & pepper to taste. Roast for 40 – 45 minutes, stirring halfway through. Vegetables should be slightly browned on the edges and fork tender. Remove from oven and let cool a few minutes.
4. Serve: In individual bowls, serve vegetables with 1/3 cup quinoa, handful of spinach, sliced avocado and a nice dollop of hummus. Top with a sprinkle of red pepper flakes, hemp hearts a squeeze of roasted lemons – if desire.

Store: Keep leftovers in the refrigerator for up to 3 – 4 days, in a covered container.

Recipe Suggestions: May use any combination of roasted vegetables.

Yield: 6 servings

Teriyaki Turkey Rice Bowl

Ingredients

Teriyaki Sauce

- 1/2 cup Low Sodium Soy Sauce
- 1/4 cup Water
- 2 tablespoons Red Wine Vinegar
- 2 tablespoons Brown Sugar or less as desired
- 2 tablespoons Granulated Sugar or less as desired
- 2 teaspoons minced Garlic
- 1 teaspoon ground Ginger
- 1 tablespoon Cornstarch
- 2 tablespoons warm Water

Ground Turkey

- 1 tablespoon Vegetable Oil
- 1/2 cup diced Onion
- 2 tablespoons minced Garlic
- 1 pound Ground Turkey
- 1 cup finely chopped Broccoli
- 2 large Carrots peeled and grated
- 2 Green Onions diced, for garnish

Instructions

1. Mix soy sauce, 1/4 cup water, red wine vinegar, sugars, garlic and ginger in a small saucepan over medium heat. Stir with a whisk until sugar is dissolved.
2. In a small bowl, whisk together 2 tablespoons warm water and cornstarch until cornstarch is completely dissolved.
3. Heat sauce over medium high heat. Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside.
4. Heat vegetable oil in a large skillet over medium-high heat. Add diced onions and cook until soft.
5. Crumble ground turkey and garlic into the pan and cook until turkey is about half cooked. Add grated carrots and chopped broccoli and continue to cook until turkey is no longer pink.
6. Pour teriyaki sauce over cooked turkey and vegetable mixture and stir. Simmer for about five minutes to combine the flavors.
7. Spoon meat over rice or noodles (quinoa, zoodles or riced cauliflower). Garnish with green onions and serve immediately.

Recipe Suggestion: Teriyaki Sauce is generally pretty sweet. However, feel free to cut back on the amount of sugar in the sauce. 1 tablespoon of each would suffice if you prefer a more savory than sweet flavor. Feel free to customize this recipe with your favorite vegetables.

Yield: 5 servings

Build Your Own Stir Fry

Ingredients

Aromatics (~ 1 tablespoon) – Garlic, Ginger, Shallots, Chilies (fresh or dried), Scallions

Protein (~1 pound) – Chicken, Flank Steak, Shrimp, Tofu, Tempeh, Eggs

Vegetables (~ 4 cups) – Broccoli, Carrots, Mushrooms, Bok Choy, Napa Cabbage, Sliced Red Onion, Green Beans, Sliced Bell Pepper, Snow Peas, Celery, Baby Corn, Egg Plant, Beans Sprouts, Asparagus

Carbohydrate Base (~2 cups) – Brown Rice, Quinoa, Vermicelli Noodles, Zoodles, Farro, Millet
This carbohydrate base to serve your stir-fry meal over if you would like.

Sauce – any sauce of your own choice will work – this is a basic homemade sauce:

¼ cup soy sauce + ¼ cup water or broth + 1 tablespoon sesame oil + 1 tablespoon rice wine vinegar + 1 tablespoon brown sugar + 1 tablespoon minced ginger or garlic (you can use 1 teaspoon of garlic or ginger powder if you don't have fresh).

To thicken the sauce, stir 1 tablespoon of cornstarch with equal parts water, then add to the sauce.

Instructions

Prep:

1. Mince or grate the aromatics or cut them into thin strips.
2. Cut meat and vegetables into small, uniform pieces so everything can cook quickly. You may want to cut some vegetables into matchstick pieces since this size will cook quickly.
3. Marinate your protein if you wish – may use your sauce for this – if so may need more to coat and veggies.
4. Since ingredients may need to be added at different times, put each ingredient in a separate small bowl so you can grab what you need when it's time to add it to the wok.
5. Make the sauce.
6. Although not necessary, consider parboiling longer crispier vegetables, such as carrots or broccoli, to reduce the amount of time they need to be stir-fried. Shorter cooking time means these vegetables will absorb less oil.
7. If you are going to serve your stir-fry over rice or some other base, make that before you start the stir-fry.

Cooking:

1. First, heat up the wok on medium-high heat.
2. Then carefully add a small amount of oil (1-2 tablespoons) down the side of the wok. Ideally, use an oil with a high smoke point such as canola or avocado oil.
3. Add 1 tablespoon of aromatics and heat until it's fragrant.
4. Next, add your protein to the oil. Let it sit and cook for 1-2 minutes. Then stir-fry it by pushing the ingredients along the bottom of the wok with your spatula for an additional 1-2 minutes (it does not need to be completely cooked). Remove it from the wok and set aside.
5. Heat 1-2 tablespoons of oil and add the remaining aromatics.
6. Add vegetables, starting with the crispier ones that take the longest to cook, such as carrots and broccoli. Let them cook a minute without stirring, then stir-fry ~4-5 minutes.
7. Add any remaining softer vegetables and stir-fry an additional ~2-4 minutes or until everything is cooked.
8. Add the protein back to the wok.
9. Add the sauce and stir everything until the sauce thickens. Serve over carbohydrate base.

Homemade Stir Fry Sauces

Basic

Ingredients

- 1/2 cup Low Sodium Chicken or Vegetable Broth
- 1/3 cup Low Sodium Soy Sauce
- 2 Tbsp Sesame Oil
- 2 Tbsp minced Fresh Ginger
- 3 cloves Garlic minced (3 tsp minced Garlic)
- 1 Tbsp Cornstarch
- Crushed Red Pepper Flakes, Sriracha or Sweet Chili Sauce, optional if desire spice

Instructions

1. Combine all ingredients in a jar or bowl. Whisk or shake (with a tight-fitting lid on the jar) until fully combined.
2. Use immediately or store in an airtight container in a refrigerator for up to one week.

3 Ingredient Stir Fry Sauce

Ingredients

- 1/3 cup + 2 Tbsp Reduced Sodium Soy Sauce (or Tamari)
- ¼ cup Sesame Oil
- 1 Tbsp Cornstarch

Instructions

1. Add all ingredients to a mason jar. Screw on the lid and shake to combine
2. Be sure to use this stir fry sauce with fresh minced garlic and fresh minced ginger in your stir fry (cooked with your vegetables/protein), as stated in the post. This is what will give it the "wow" factor.
3. Once your stir fry is mostly cooked, add sauce and heat an additional 3 - 5 minutes, or until sauce thickens. Serve immediately

Recipe Note - this is intended to cover 6-8 servings of stir fry, served over UNSALTED rice or noodles. Otherwise it will be too salty. It is a highly concentrated sauce. A little goes a long way!

Teriyaki Stir Fry Sauce

Ingredients

- 1/2 cup Water
- 1/3 cup Brown Sugar or any other sweetener of choice
- 1/4 cup Low Sodium Soy Sauce
- 2Tbsp Vinegar (either white or apple cider vinegar)
- 1 Tbsp Sesame Oil
- 1-2 cloves Garlic minced
- 1-2 tsp fresh Ginger root grated
- 1 Tbsp Corn Starch
- 1 tsp Sriracha (optional for a spicy sauce)

Instructions

1. Place all of the ingredients in a small saucepan.
2. Stir well with a whisk, then turn on the heat to medium.
3. Stirring frequently, heat the sauce until it begins to boil and thicken.
4. Allow to slowly boil for about 30 seconds and then remove from heat.

Recipe Variations:

Teriyaki marinade:

If you want a teriyaki sauce to use as a marinade for tofu, veggies, or anything else you chose, simply omit the corn starch from the recipe. This will make a sweet and savory sauce that is thin enough to use as a marinade, and it wont stick when heated. You can make a second batch of teriyaki sauce with the starch for a thicker glaze to pour over your cooked items.

Spicy Teriyaki:

For extra flavorful spicy teriyaki, add 1 tsp of Thai garlic chili paste or sriracha.

Gluten-Free Teriyaki:

To make it gluten-free teriyaki simply swap out the soy sauce for Tamari or Bragg's Liquid Aminos. All other ingredients are naturally gluten-free.

Refined-Sugar Free:

Simply swap out the brown sugar for equal amounts of maple syrup for a refined-sugar-free teriyaki sauce.

Crispy Quinoa Patties

Ingredients

1 cup Quinoa, cooked
2 Eggs, beaten
Salt and Pepper, to taste
½ Red Onion, finely chopped
½ cup Mozzarella Cheese
2 cloves Garlic, crushed (2 tsp minced Garlic)
1 cup Bread Crumbs
Water, as needed to add moisture
1 Tbsp Oil

Avocado Yogurt Dip

2 Tbsp Cilantro, chopped
½ cup Plain Yogurt or Plain Greek Yogurt
½ Avocado, extra ripe
Salt and Pepper, to taste

Instructions

1. Combine quinoa, eggs, salt and pepper in a medium bowl. Stir in onions, cheese and garlic. Add the breadcrumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture. Feel free to add water if the mixture feels too dry. Form the mixture into 6-8 patties.
2. **Frying Instructions:** Heat the oil in a large, heavy skillet over medium-low heat. Place quinoa patties on the heated pan, making sure not to overcrowd the pan and cook until the patties are golden color, about 7-10 minutes per side.
3. **Baking Instructions:** Place the quinoa patties on a baking sheet lined with parchment paper. Brush the oil on top of the patties. Bake in a preheated oven at 400 degrees for 15 minutes, until golden.
4. To make the avocado yogurt sauce, whisk together the cilantro, avocado and yogurt. Season with salt and pepper and serve with the cook quinoa patties.

Quinoa Chickpea Salad with Lemon Dill Dressing

Ingredients

- 1 cup Quinoa (uncooked)
- 1 ½ cups Cucumber (chopped into ¼-inch thick quarters)
- 2 Bell Peppers, small, diced (any color)
- 1 cup Carrot, small, diced (about 2 medium carrots)
- ¼ cup Green Onion, chopped (white and light green part only)
- 1-19 oz can Chickpeas (drained and rinsed)

For the Dressing

- 1/3 cup Olive Oil
- 1/3 cup freshly squeezed Lemon Juice
- 2 tbsp Fresh Dill, chopped
- 1 tsp Salt
- 1/2 tsp Dijon Mustard
- Black Pepper (to taste)

Instructions

1. In a medium saucepan, cook quinoa according to package directions. Set aside to cool.
2. While the quinoa is cooking, prepare the cucumber, bell peppers, carrot, green onion and chickpeas. Place in a large bowl.
3. Whisk together all dressing ingredients in a small bowl or mason jar.
4. Add the cooked quinoa to the vegetables and chickpeas in the large bowl, pour the dressing on top and stir until well combined. Serve at room temperature or chilled.

Recipe Notes:

1. Be sure to rinse the quinoa if it doesn't come pre-washed to avoid undesirable flavor and texture.
2. You can use more or less dill in the dressing, depending on your taste. I found one tablespoon gave only a hint of dill, so I increased the amount to two tablespoons. Play with the amount to suit your taste!
3. I find this salad tastes even better when made ahead of time, so it's perfect for meal prep. I like to make this salad a few hours before serving, to allow the flavors to blend together. Store covered in the refrigerator until ready to eat.

Yield: 6 servings

Quinoa Chicken Fried Rice

Ingredients

2 tsp Sesame Oil, divided
1 lb Chicken Breasts, uncooked – chopped into small pieces
Salt and Pepper, to taste
½ Onion, chopped
2 cloves Garlic, minced (2 tsp minced Garlic)
2 Carrots, medium, chopped
1 cup Peas
½ Bell Pepper, chopped
Salt and Pepper, to taste
2 ½ cups Quinoa, cooked
3 Eggs
¼ cup Low Sodium Soy Sauce
Green Onion, chopped, optional
Sriracha, optional

Instructions

1. **Cook the chicken:** Add 1 teaspoons of sesame oil to a large skillet over medium heat. Once heated, add in the chicken and season with salt and pepper. Sauté the chicken for 7-8 minutes until the pieces are cooked through. Transfer the chicken to a plate.
2. **Cook the veggies:** Add the remaining teaspoon of oil to the same skillet over medium heat. Sauté the onion until translucent. Add in the garlic, carrots, peas, and bell pepper. Season well with salt and pepper. Sauté for 3-4 minutes. Stir in the quinoa and chicken.
3. **Scramble the eggs:** Make a large well in the middle of the skillet. Add a bit of oil or cooking spray to the exposed portion of the pan. Crack the eggs in the well, and scramble the eggs. It's okay if the eggs mix into the quinoa and veggies when scrambling.
4. **Add the finishing touches:** Pour in the soy sauce. Stir everything until combined. Season with salt and pepper or add more soy sauce to taste. Top with chopped green onion and a drizzle of sriracha

Superfood: Quinoa

Quinoa, often described as a "superfood" or a "supergrain," has become popular among the health conscious, with good reason. Quinoa (pronounced KEEN-wah or ke-NO-ah) is packed with protein, fiber and various vitamins and minerals. It is also gluten-free and is recommended for people who are on a gluten-free diet.

Quinoa is a 'good source' of protein, fiber, iron, copper, thiamin and vitamin B6. It's also an 'excellent source' of magnesium, phosphorus, manganese and folate. A 'good source' means that one serving provides at least 10 percent of the daily value of that nutrient, while 'excellent source' means that one serving provides at least 20 percent of the daily value of that nutrient. The quinoa seed is a pseudo cereal, as opposed to a grain. Pseudo cereals are plants that produce seeds and fruits that are similar to grains and used in virtually the same ways. High in protein, nutrients, and vitamins, pseudo cereals are most commonly gluten free and considered whole grains, despite not being a true grain.

Quinoa provides numerous health benefits and some good reason to really consider why adding these into your diet!

- **Anti-inflammatory Benefits** - may help decrease the risk of this dangerous inflammation, they help promote healthy gut microbes (the friendly bacteria in the gut), which is important for preventing obesity, inflammation and disease. Quinoa is known to contain many anti-inflammatory nutrients, including phenolic acids, cell wall polysaccharides and vitamin E family nutrients such as gamma-tocopherol.
- **Lowering Cholesterol** - quinoa's good fiber content can aid in lowering cholesterol levels. Fiber aids in digestion, which requires bile acids, which are made partly with cholesterol. As your digestion improves, the liver pulls cholesterol from the blood to create more bile acid, thereby reducing the amount of LDL, the bad cholesterol.
- **Heart Health** - Lowering LDL cholesterol is good for your heart, but quinoa can benefit your ticker in other ways as well. Furthermore, quinoa can provide heart-healthy monounsaturated fat via its oleic acid content, as well as omega-3 fatty acids and alpha-linolenic acids
- **Digestion** - One cup of cooked quinoa contains 21 percent of the recommended daily intake of fiber, which is great news for your gut. Quinoa is also more easily digestible than many other grains.

Adding Quinoa to your Regular Diet

We all should be making at least half of our grain food choices whole grains to promote good health. Whole grains can help protect us against heart disease, cancer and other chronic diseases. However, most people shortchange themselves on their consumption of whole grains.

Here are five tips to add more whole-grain foods to your menu:

- Substitute brown rice or quinoa in place of white rice as the base layer for stir-fried vegetables or as a side dish. To add flavor, use vegetable broth as the liquid.
- Try adding whole grains to mixed dishes. Try whole-grain barley in soups or bulgur wheat in casseroles.
- Use whole-grain cracker crumbs or oatmeal as a meat extender in meatloaf or meatballs.
- Substitute whole-wheat flour for up to half of the white flour in pancakes, muffins or waffles.
- Have a bowl of cooked oatmeal or quinoa with fresh fruit for your morning breakfast.