



*Presents*



## Summer Stir Fry

Presented on July 26, 2014

### Ingredients

- 1/2 cup of chopped zucchini
- 1/2 cup of chopped onion (walla walla sweets are fantastic)
- 1/2 cup of chopped or shredded carrots
- 1/2 cup of red, yellow or orange sweet peppers
- 1/2 cup of fresh spinach
- 1/2 cup of fresh peas
- 1 T olive oil
- Basil, salt and pepper

Prepare 2 cups of quinoa prepared with chicken, beef or veggie broth depending what kind of meat you want to add to the stir fry.

Wash and prepare the vegetables. Place olive oil in skillet add vegetables (except spinach) to skillet and add salt and pepper to taste. when vegetables are almost done add fresh spinach and a small handful of basil. Place veggies over a bed of quinoa and you can add any kind of stir fry or curry sauce over the dish.

\* If you wish to add a protein such as beef, chicken, shrimp, pork or tofu you may add the cooked protein after the veggies are cooked.

This dish can make two to three servings.

Calories-257cal, Carbs - 36g, Fat - 7g, Protein - 9g, Sodium - 806mg, Sugar - 4g