

Meal:	Dinner and more
Category:	Couldn't be easier!
Time:	20-30 min

# Lib's Quinoa & Veggie Mix

## Ingredients

- cook 1-3 cups of quinoa
- heat coconut oil in a wok or deep pan
- 1 onion chopped
- 1 T minced garlic
- 1 T chili garlic sauce (find it in the Asian section)
- 1 head of broccoli
- 2 cups of chopped bok choy
- 1 red pepper
- 1 orange pepper
- 1 zucchini
- 1 diced sweet potato or diced carrots
- add in salt, pepper and whatever other spices you like



## Directions

All quantities depend on whether you're making it for one meal or the entire week! It keeps GREAT and is a great way to use up ANY vegetables in your fridge...so this is ONLY A GUIDE! There are no rules!

Cook quinoa up and set aside. It works best if you add it to the veggie mix cool.

Saute garlic and spices in the coconut oil. Add whatever mix of vegetables you have starting with those that take the longest to cook.

## Nutritional Information

1 cup serving

- Cal = 410
- Protein = 14.7 g
- Carbohydrates = 70.1 g
- Fibre = 9.8 g
- Cholesterol = 0 mg (yes...0)
- Total fat = 8.7; saturated fat = 3.5 g
- Sodium = 58 mg