

Chef Ali's Cooking on the Fly Healthy Recipes

Fried Quinoa "Rice"

1 cup quinoa (or 3 cups cooked)
2 cups water
2 tablespoons olive oil
2 cups frozen (or fresh, cooked) mixed vegetables (your choice) broccoli, cauliflower, carrots, peas...
1 bag fresh spinach (3-5 oz)
4 scallions, use white and green, separated and thinly sliced
Sea salt
4 garlic cloves, minced
1 tablespoon minced fresh ginger
2 tablespoons soy sauce or tamari
2 teaspoons toasted sesame oil
Sriracha or your favorite hot sauce, to taste
2 eggs, beaten

In a medium saucepan, combine the quinoa and water and bring to a boil. Cover, turn the heat to low and simmer for 15 minutes, until the quinoa is al dente. Remove from the heat and allow to sit covered for five minutes, then fluff.

Meanwhile, heat 2 tablespoons oil in a large wok or nonstick skillet. Saute the white scallions and garlic over medium heat until soft but not brown. Add the ginger and green scallions and stir fry until fragrant, another 2 minutes. Add the cooked vegetables. Fold in the quinoa and stir fry until well-coated in the vegetable mixture and beginning to toast, 3 minutes. Stir in the soy sauce, sesame oil, hot sauce.

Push the quinoa to the side of the pan to create a well. Pour the eggs into the well and cook, stirring gently, until nearly set. Toss the fried rice with the eggs. Transfer the quinoa to bowls and serve.

Black Bean Butternut Quinoa

1 cup uncooked quinoa (or 3 cups cooked)
1 bag frozen butternut squash *
3 cloves garlic, crushed, minced
1 small onion, diced
2 (15 oz.) cans black beans
olive oil, as needed
1 lime, juiced
1/2 cup chopped cilantro
1/4 cup toasted pumpkin seeds (pepitas)
salt and pepper, to taste

In a medium saucepan, combine the quinoa and water and bring to a boil. Cover, turn the heat to low and simmer for 15 minutes, until the quinoa is al dente. Remove from the heat and allow to sit covered for five minutes, then fluff.

Heat 1 Tbsp olive oil in a large skillet over medium heat. Add garlic, onion, and sauté for a few minutes until softened but not browned. Season with salt + pepper to taste. Add black beans and squash cubes and allow to warm through. Then stir in 3 cups cooked quinoa and gently toss. Remove from heat and stir in juice from 1 lime and the chopped cilantro. Sprinkle toasted pumpkin seeds on top.