

## Okra & Shrimp Fried Quinoa

*Okra and shrimp tossed with spiced quinoa for a balanced meal! Okra is a nutritious vegetable rich in fiber, folate and vitamin A. Quinoa is a great alternative to rice when you are looking to increase your protein in a meal, because quinoa offers both complex carbohydrates and complete proteins. Quinoa is one of the few plant-based foods that is a complete protein, meaning it offers a sufficient amount of all essential amino acids.*

### Ingredients:

½ cup	Quinoa (measured uncooked)
1 ½ cups	Water
2 tsp	Avocado oil (any oil works here)
1 cup	Chopped onions
¾ cup	Corn
8 oz	Large shrimp
2 cups	Sliced okra
½ cup	Sliced raw carrots
1 tbsp	Cumin
2 tsp	Soy sauce, reduced sodium
To taste	Salt and pepper

### Directions:

1. Add quinoa and water in a saucepan and bring to a boil. Turn heat down to medium-high, cover, and allow to simmer for 15-20 minutes or until quinoa is tender. Stir occasionally.
2. In the meantime, heat avocado oil in a skillet over medium-high heat. Add onions, corn, and shrimp in the pan. Stir fry until the shrimp turns a light brown.
3. Add okra, raw carrots, and cooked quinoa to the pan; stir fry everything for 5-8 minutes. If mixture starts to dry but okra & carrots are not yet tender, add a little water. Keep doing this until okra is tender.
4. Mix in cumin, soy sauce, and salt/pepper (if using).

Servings: 2

Serving size: ½ whole recipe (642g)

Okra & Shrimp Fried Quinoa		
<b>Nutrition Facts</b>		
Serving Size: 1 Bowl		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	430.6 kcal	22 %
<b>Total Fat</b>	9.6 g	15 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	145 mg	48 %
<b>Sodium</b>	375.8 mg	16 %
<b>Total Carbohydrate</b>	62.4 g	21 %
Dietary Fiber	10.5 g	42 %
Sugars	12.3 g	
<b>Protein</b>	26.5 g	53 %
<b>Vitamin A</b>	151 %	<b>Vitamin C</b> 62 %
<b>Calcium</b>	23 %	<b>Iron</b> 30 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a> </>		