



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Supported by

JPMorganChase

Easy Quinoa Stir-Fry

Stir-fried vegetables and chicken breast are tossed in a savory soy-ginger sauce and served over quinoa.

Serving Size: 1 cup stir-fry and ½ cup quinoa | Servings: 6



NUTRITION NOTES

- Light and fluffy, **quinoa** creates a wholesome base while delivering plant-based protein and fiber for lasting energy.
- Tender and savory, **thinly sliced chicken breast** adds lean protein to support muscle health and keep the dish satisfying.
- Crisp and colorful, **broccoli, carrots, and bell pepper** bring natural sweetness, crunch, and essential vitamins to the bowl.
- Bright and flavorful, **orange zest and juice, ginger, garlic, soy sauce, and sesame oil** combine to create a balanced sauce that's tangy, aromatic, and deeply savory.

Easy Quinoa Stir-Fry

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INGREDIENTS

- 1 cup quinoa
- 2 cups + 1 cup vegetable broth
- ¼ teaspoon Kosher salt
- 2 teaspoons + 1 tablespoon sesame oil
- 1 pound chicken breasts, patted dry and sliced thin
- 2 teaspoon minced garlic
- 2 cups shredded carrots
- 3 cups broccoli florets
- 1 orange or red bell pepper, seeded, stemmed and sliced thin
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced, peeled ginger
- 2 teaspoons honey
- 1 orange zest and juice
- 1 tablespoon corn starch
- 3 tablespoons rice vinegar
- 1 teaspoon toasted sesame seeds
- 1 tablespoon sliced scallions

Nutrition Profile: High-Protein | Dairy-Free | Egg-Free | Heart-Healthy | Nut-Free

NUTRITION FACTS *(per serving)*

Serving Size: 1 cup stir-fry and ½ cup quinoa | Servings Per Recipe: 6 | Calories: 272

- Total Fat: 8g
- Saturated Fat: 1g
- Cholesterol: 42mg
- Sodium: 816mg
- Carbohydrates: 30g
- Fiber: 5g
- Sugars: 5g
- Protein: 21g

INSTRUCTIONS

1. To cook the quinoa: In a medium pot, combine the quinoa, 2 cups vegetable broth and salt. Set pot over medium-high heat and bring to a boil. Reduce heat and simmer, stirring occasionally until cooked and all of the liquid is absorbed, about 15-20 minutes.
2. While the quinoa is cooking, prepare the stir-fry. Set a non-stick wok, cast-iron or deep-sided pan over medium-high heat. Add 1 teaspoon of the sesame oil. Once hot, add half of the chicken. Cook, stirring frequently until no longer pink, about 5 minutes. Remove chicken from the pan and keep warm. Add another teaspoon of sesame oil and cook remaining chicken. Remove from the pan and combine with other cooked chicken and keep warm.
3. Add the remaining sesame oil to the pan along with the minced garlic. Add the carrots, broccoli and red bell pepper and cook until vegetables are slightly softened, but still crunchy, about 3-4 minutes. Whisk together the remaining vegetable broth, soy sauce, ginger, juice and zest of orange, honey, corn starch and vinegar; add to the pan and bring to boil, cooking until thickened, about 1 minute.
4. Add the cooked chicken back to the pan and cook an additional 1-2 minutes. (Note: Chicken is done when internal temperature reaches 165°F.) Season with salt to taste.
5. To serve, portion ½ cup quinoa on each plate and top with 1 cup stir fry mixture. Top with thinly sliced scallions and toasted sesame seeds.

**Nutrition information provided directly by eatright.com and reflects values listed at the time of publication. Recipe sourced from: eatright.com*