

Sauteed Mushrooms & Bok Choy with Quinoa

8 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
2. In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for about 5 to 8 minutes or until just tender.
3. Divide the quinoa and mushroom/bok choy mix onto plates. Season with salt and garnish with sesame seeds. Enjoy!

Notes

No Honey

Use maple syrup, coconut sugar or brown sugar.

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Serving Size

One serving is equal to approximately 3/4 cup of quinoa, 3/4 cup of mushrooms and 1.5 cups of bok choy.

Protein

Serve this with your protein of choice such as chicken, turkey, beef, pork or tofu.

Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Water
- 2 tbsps Sesame Oil
- 1 1/2 tpsps Raw Honey
- 4 cups Mushrooms (halved or quartered)
- 8 cups Bok Choy (baby, halved)
- 1/4 tsp Sea Salt
- 1 1/2 tpsps Sesame Seeds