



TRIDOSHIC QUINOA AND VEGGIE STIRFRY

Vata ↓, Pitta ↓, Kapha ↓

Serves: 6 to 7

Prep Time: 10 minutes

Cook Time: 25 to 30 minutes

INGREDIENTS

For the quinoa

- 4 cups water
- 2 cups quinoa
- 1 tablespoon coconut oil
- 1/4 teaspoon turmeric
- 1/4 teaspoon salt

For the stir-fry

- 1 carrot, thinly sliced
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 4 crimini mushrooms, sliced
- 1/2 red bell pepper, chopped
- 2 tablespoons coconut oil
- 1/2 teaspoon cumin seeds, whole
- 1/2 teaspoon brown mustard seeds, whole (omit for Pitta types)
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup of raw, unsalted cashew pieces
- 2 tablespoons fresh ginger (2 inch cube), finely minced
- 2 tablespoons shredded coconut
- 2 green onions, chopped
- 1/4 cup chopped cilantro leaves
- 1 lime, juiced
- 1/4 teaspoon salt
- 2 tablespoons soy sauce
- Chopped green onions, for garnish
- Shredded coconut, for garnish
- Chopped cilantro leaves, for garnish

DIRECTIONS

Preparing the quinoa

1. In a large sauce pan, boil 4 cups of water. Once boiling, add in the quinoa, coconut oil, turmeric, and 1/4 teaspoon of salt. Reduce the heat to a low-medium setting and cover the pan, leaving a small crack. Cook for 15 minutes stirring every 5 minutes.
2. Turn off the heat but keep the pan on the hot burner, keeping it completely covered to allow the quinoa to soak up any remaining liquid and become plump, moist, and fluffy.

Preparing the stir-fry

1. While the quinoa is cooking, begin to prepare the veggies. Slice up the carrot, zucchini, yellow squash, mushrooms, and bell pepper into small bit size pieces.
2. Next, place 2 tablespoons of coconut oil in a large, deep sauté pan over medium heat. Once it is hot, add in the cumin, brown mustard seeds, and black pepper. Sauté for 2 minutes, stirring frequently.
3. Add in the cashew pieces and fresh ginger and sauté for an additional one minute, stirring frequently.
4. Add in the sliced carrot, zucchini, yellow squash, mushrooms, and bell pepper. Stir them around until everything is evenly coated with oil. Reduce the heat slightly to a low-medium setting and sauté (uncovered) for 5 minutes, stirring every 2 minutes.
5. Add in the shredded coconut and sauté one additional minute stirring constantly.
6. Cover the pan and remove it from the heat.
7. Add the cooked quinoa to the sautéed veggies and stir until everything is mixed evenly. If your sauté pan is not large enough, you can transfer these ingredients into a large mixing bowl.
8. Stir in the green onion, cilantro, and lime juice. Add the salt and soy sauce and blend all of the ingredients until they are evenly dispersed.
9. Serve into bowls and garnish each bowl with additional green onion, coconut, and cilantro. Extra salt, pepper, or soy sauce can also be added as needed.
10. Sit, share, and indulge in good company!