



Marjie C. Andrejciw, MT (ASCP), MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Amaranth or Quinoa Stir-Fry

- 2 cups cooked amaranth or quinoa
- 2 Tbsp oil
- 1 onion, chopped
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 cup mushrooms, sliced
- 3 cloves garlic, chopped fine
- 1/2 cup almonds, chopped
- 1/4 cup sunflower seeds
- 2 Tbsp soy sauce (wheat free)
- 1 tsp seasoning

Sauté veggies, garlic, almonds and seeds in the oil until vegetables are tender crisp. Add soy sauce, seasonings and amaranth or quinoa. Mix well until warmed through. Serves 4.