



Veggie-Loaded Quinoa Stir-Fry



1/4th of recipe (about 2 cups): 323 calories, 4g total fat (<0.5g sat. fat), 788mg sodium, 59g carbs, 8.5g fiber, 18.5g sugars, 12.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 30 minutes

More: [Vegetarian Recipes](#), [Four or More Servings](#), [5 Ingredients or Less](#)

Ingredients

1 cup uncooked quinoa, rinsed thoroughly
1 tbsp. chopped garlic
6 cups frozen stir-fry veggies
4 cups broccoli florets
1/2 cup all-natural thick teriyaki marinade or sauce (like [the kind by Annie Chun's](#))

Directions

In a medium pot, combine quinoa, 1/2 tbsp. garlic, and 2 cups water. Bring to a boil, and then reduce heat to low. Cover and let simmer for 15 minutes, or until water has been absorbed and quinoa is fully cooked. Transfer to a large bowl, and cover to keep warm.

Bring a very large skillet sprayed with nonstick spray to medium heat. Add remaining 1/2 tbsp. garlic, stir-fry veggies, broccoli, and 1/4 cup water. Cover and cook until veggies have mostly softened, 6 - 8 minutes.

Uncover, and cook and stir until excess liquid has evaporated and veggies are fully softened, about 2 minutes.

Add teriyaki sauce and cooked quinoa and mix well. Cook and stir until hot, about 1 minute. Serve up and enjoy!

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.