SHRIMP AND VEGGIE STIR-FRY WITH QUINOA PASTA  
  
PHASE 3  
Serves 4  
2 tablespoons olive oil  
½ cup chopped red onion  
3 teaspoons crushed garlic  
12 to 14 asparagus stalks, trimmed and chopped  
1½ to 2 cups quartered Brussels sprouts  
3 teaspoons chopped cilantro  
1 teaspoon crushed red pepper flakes  
½ teaspoon sea salt  
2 heads baby bok choy, bottoms removed  
1 pound extra-large cooked shrimp  
2 cups cooked quinoa fusilli, warm, or wild rice  
Heat the olive oil in a large nonstick skillet. Stir-fry the onion for 4 minutes over medium heat. Add the garlic and sauté for another minute. Add the asparagus, sprouts, cilantro, red pepper flakes, and sea salt. Stir-fry until the vegetables are crisp-tender.  
Add the bok choy and shrimp and continue to cook on medium-high heat until the shrimp is heated through.  
Serve over quinoa pasta or wild rice.”  
  
Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.  
This material may be protected by copyright.