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.”

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