

Sesame Shrimp Quinoa *(© 2013 NBCNws)*

2 cups quinoa, rinsed
4 cups water
Pinch of kosher salt
3 tbsp vegetable oil, divided
4 egg whites
3 tbsp minced garlic
3 tbsp minced ginger
1 pound peeled and deveined shrimp cut into bite-size pieces
4 cups cooked and oven dried quinoa
2 tbsp soy sauce
1 tbsp honey
1 tbsp Chinese black vinegar (or balsamic)
1/2 tsp kosher salt
2 tbsp sesame oil
1/2 cup chopped scallions
Toasted sesame seeds for garnish

Bring the quinoa, salt and water to a boil in a medium sauce pan. Cover and simmer for 15 to 20 minutes or until tender. Preheat oven to 300 degrees.

Remove quinoa from pan and place on a parchment-lined half-sheet pan. Place pan in the oven to dry out quinoa for 15 minutes. Alternatively, use cooked and cooled quinoa.

Heat a wok over medium-high heat until hot. Coat the wok with one tablespoon vegetable oil and just as it begins to smoke add the egg whites to the wok and scramble until cooked through (about 1 minute). Remove the egg whites from the wok and set aside. Return the wok to the heat and add one tablespoon oil. Add the ginger, garlic and shrimp and stir for about 2 minutes or until the shrimp turns pink and is cooked through. Remove and set aside. Coat the wok with the remaining tablespoon oil, add the cooked quinoa and toss until it is toasted and brown.

Return the cooked egg and shrimp mixture to the wok and toss to combine with the quinoa. In a small bowl whisk together the soy sauce, honey and vinegar, drizzle over the quinoa and stir to combine.

Serving Size 4