

Maitake & Lentil Penne Stir-Fry



PREP TIME: 45 minutes to 1 hour

COOK TIME: 15 to 20 minutes

YIELD: 4 servings

GINGER-SOY MARINATED LENTIL PENNE INGREDIENTS

12 ounces lentil penne
3 tablespoons unseasoned rice vinegar
1 tablespoon sesame oil
1 tablespoon peeled and finely chopped fresh ginger root
1 teaspoon garlic powder
¾ cup low-sodium soy sauce

INSTRUCTIONS

1. Bring water to a full rolling boil. Add penne to boiling water. Stir while returning to a brisk boil. Reduce heat. Simmer for 10 to 12 minutes or until just tender. Drain well and use immediately.
2. Toss all ingredients in a large bowl until evenly coated and well combined. Cover and refrigerate for 45 minutes to 1 hour to marinate. Drain and discard excess marinade prior to use.

RED QUINOA

½ cup raw red quinoa
½ cup water for cooking

INSTRUCTIONS

1. Rinse quinoa until water runs clear.
2. Bring water to a boil in a small saucepan. Stir in quinoa. Reduce to a simmer and cook covered for 12 to 15 minutes or until tender and water is absorbed. Serve warm.

STIR-FRY QUINOA

1 cup frozen shelled edamame, thawed
2 tablespoons canola oil
4 cups roughly chopped maitake mushrooms
1 cup cherry tomatoes, cut in half

INSTRUCTIONS

1. Blanch edamame in boiling water or steamer for 1 minute. Shock in ice bath and drain well. Set aside.
2. Preheat sauté pan or wok over medium-high heat. Add oil.
3. Add mushrooms. Sauté for 1 minute or until browned.
4. Add tomatoes and sauté for another minute.
5. Add cooked quinoa and edamame. Sauté for another minute.
6. Add marinated pasta. Toss until evenly distributed and heated through.
7. Evenly divide into 4 servings, placing 1 serving onto each plate.

NUTRITION FACTS: 1 Plate

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	100	11g	1g	0g	0mg	300mg	79g	9g	5g	24g

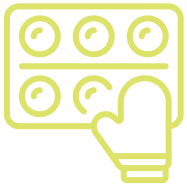
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.



This product contains:
WHEAT
SOY
GLUTEN
SESAME

You Can Cook Healthy at Home

It's very easy and, best of all, you don't need to invest in new kitchen appliances and fancy gadgets. Use these techniques to make delicious food that tastes great!



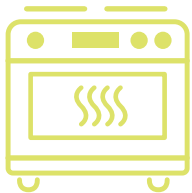
BAKE IT

Lightly spray a baking dish or an oven-safe baking rack with olive oil. If using the rack, place it in a baking dish so any fat can drip off. Place food in the dish or on the baking rack. Check the food's internal temperature to make sure it is fully baked.



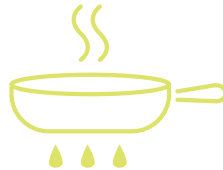
ROAST IT

Before roasting, season or marinate the food, then sear it over high heat, if desired. Elevate food in a roasting pan with a rack so that hot air can reach all sides. If roasting meat, roast until the item reaches the desired internal temperature and let it rest before carving.



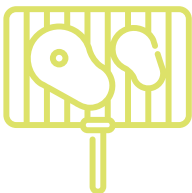
BROIL IT

Preheat the broiler and lightly coat an oven-safe cooking rack with vegetable spray; place the rack inside a baking dish. Place food on the rack, and turn once during broiling, if necessary. Carefully monitor cooking, as foods can burn quickly.



SAUTÉ IT

Sauté means to cook food quickly over relatively high heat with a minimal amount of fat. It's especially suited to cooking small or thin food. If you use a pan with a nonstick surface, you won't need to add any oil.



GRILL IT

Preheat your grill and grill rack. You may need to brush on vegetable oil if you aren't cooking meat that's been marinated. Place items on grill and turn them halfway through the suggested cooking time. Apply any wet sauces or bastes in the final minutes of cooking.



STEAM IT

Place vegetables in a steamer basket over boiling water and cook until tender.



STIR-FRY IT

Add a little oil to a wok or frying pan and heat it up to quickly cook protein and vegetables over high heat.