



## SHRIMP FRIED QUINOA

### INGREDIENTS:

- 3/4 c Uncooked quinoa
- 2 Tbsp. Sesame oil
- 1 1/3 c low sodium broth
- 1 yellow onion, diced
- 1 c shredded carrots
- 1 cup peas (fresh or frozen)
- 1/2 tsp. fresh grated ginger
- 2 cloves garlic, minced
- 1 lb. raw shrimp, peeled/deveined
- 3 eggs, whisked
- 2-3 Tbsp soy sauce
- 1 tsp lemon juice

### DIRECTIONS:

- In a pot, boil broth. Add quinoa, reduce heat to simmer for 15 min.
- In a separate bowl whisk eggs with 1/2 tbsp soy sauce, then scramble eggs.
- In a saute pan, add 1/2 tbsp sesame oil, onion, garlic, ginger peas and carrots and cook until tender.
- In separate pan, add 1/2 tbsp oil and cook shrimp until firm. Push to side.
- In the same pan, add 1 Tbsp oil and fry quinoa, toss in shrimp, eggs and vegetables. Season with soy sauce/lemon juice.

## CHOLINE & KIDS: A LESS KNOWN NUTRIENT

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### What Is Choline?

Choline is an essential nutrient found in some foods. It is similar to B-vitamins in structure and function. Our bodies need choline to help build cell membranes.

### Why Is It Important?

Choline is important for brain development, cell structure, and nervous system function. Research shows that having enough choline helps with memory and learning.

### How Much Do We Need?

The liver is able to synthesize some choline but we still need to get most from our diet. Children need more choline for proper development. Choline supplementation is rarely needed because most people get enough from their diet. A balanced diet with adequate protein, whole grains and a variety of vegetables should provide enough choline.

### Food Sources of Choline

We get most of our choline from meats, fish, shellfish, eggs, and dairy. Egg yolk is especially high in choline so please remember to enjoy the whole egg! Other sources include cruciferous vegetables such as broccoli and cauliflower. Beans, nuts, seeds and whole grains also have choline. It is important to receive a variety of choline sources to meet nutrient needs.