

Quinoa and Mushroom Skillet – Serves 6

Quinoa might be considered a “superfood” for its superb protein content, but it’s the unique nutty flavor of the tiny grain that wins cooks over.

Ingredient List

2 Tbs. olive oil
1 medium-sized red onion, quartered and thinly sliced
1 cup quinoa, rinsed
2 cups vegetable or mushroom stock
10-12 oz. cremini/baby bella mushrooms, sliced

Directions

Heat oil in large skillet over medium heat. Add onion, and cook, stirring often, until golden, about 5 minutes.

Stir in quinoa, and cook, stirring often, 1 to 2 minutes, or until lightly toasted. Pour in stock.

Stir in mushrooms, cover and cook 15 minutes, or until stock is absorbed. Season with salt and pepper; serve hot.