



Quinoa with Mushrooms

¾ cup quinoa
1 ½ cup water
2 Tb extra virgin olive oil
½ large Spanish onion chopped
2 cloves garlic minced
½ tsp Celtic sea salt
4 cups sliced baby Porta Bello mushrooms
Fresh Pepper

Prepare the quinoa (this can be done in advance)

- Rinse quinoa and drain in a fine strainer.
- Bring water to boil in a medium sauce pan
- Add quinoa, cover return to a boil, turn down to low.
- Cook 15 minutes. Let sit 5 minutes

Prepare the mushrooms

- Heat oil on medium low. Add onion, garlic, salt and mushrooms. Cover.
- The mushrooms will give off lots of liquid. Stir occasionally.

- Cook until the liquid has been absorbed and the mushrooms are tender, about 7 minutes. Turn off heat.
- Add quinoa. Stir to combine evenly.
- Taste for salt. Grind a little pepper on top.
- Serve warm or at room temperature. This will keep for 4 days in the refrigerator.