



Mushroom Quinoa Pilaf

Servings 7 | Prep time 10 mins. | Total time 40 mins.

Equipment: Frying Pan, Measuring Cups and Spoons

Utensils: Mixing Spoon

Ingredients

1 cup uncooked quinoa
1 tablespoon olive or vegetable oil
1 8 ounce package white button mushrooms, sliced
1 medium onion, diced
2 cloves garlic, minced or 1 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1/8 teaspoon black pepper
1/4 teaspoon salt
1/4 cup grated Parmesan cheese

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Using a shallow bowl, rinse quinoa under cold water and drain until water runs clear. Cook quinoa according to package directions. Set aside.
3. Heat oil in a frying pan over medium-high heat. Add mushrooms, onion, garlic, Italian seasoning, black pepper, and salt. Cook 6 minutes, until mushrooms and onions are tender, stirring often.
4. Add cooked quinoa to frying pan of cooked vegetables, stirring to blend.
5. Top with Parmesan cheese.

Nutritional Information:

Calories 140
Total Fat 4.5g
Sodium 270mg
Total Carbs 19g
Protein 6g