



Mushroom Quinoa Pilaf

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

Equipment:

Frying pan

Utensils:

Mixing spoon

Measuring cups and spoons

Ingredients

1 cup uncooked quinoa

1 tablespoon olive oil OR vegetable oil

1 8 ounce package mushrooms, sliced

1 medium onion, diced

3 cloves garlic, minced OR 1 tablespoon garlic powder

1/2 teaspoon Italian seasoning OR Celebrate Your Plate 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, utensils, and produce.
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