

Mushroom Quinoa "Risotto" | bites out of life

- 1 cup uncooked quinoa, rinsed and drained
- 3 tablespoons butter
- 2 cups water or vegetable stock
- 1 cup dry white wine
- 2 cloves garlic, minced
- 8 ounces white or baby bella mushrooms, sliced
- 2 tablespoons fresh thyme leaves, chopped
- salt and pepper, to taste
- 1/4-1/2 cup shredded Parmesan



1) Place the quinoa, 1 tablespoon of butter, water/stock and wine in a medium pot and bring to a boil. Once the quinoa is boiling, reduce the heat to a simmer and cook for 15 minutes, until the liquid is absorbed.

2) In a separate skillet, melt the remaining 2 tablespoons of butter. Sauté the garlic until slightly browned. Add the sliced mushrooms and cook for 3-5 minutes, until the mushrooms have sweated out slightly. Add the thyme, and season with salt and pepper (go a little easy on the salt, since you'll be adding Parmesan). Cook for an additional 5-7 minutes, until the mushrooms are cooked.

3) When the quinoa is cooked, stir in the cooked mushrooms. Top with the Parmesan (depending on whether you like your risotto cheesy or not, you can go anywhere from 1/4-1/2 cup of cheese. I'll let you guess what end of spectrum I went for ...). Top with a little chopped thyme and serve.

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