Mushroom Quinoa
Makes 6 servings

Ingredients:
1 cup uncooked quinoa
1 tablespoon oil (canola, olive, or vegetable)
1 package (8 ounces) fresh sliced mushrooms
1 onion, diced (about 1 cup)
2 cloves garlic, minced
1/2 teaspoon dried herb (basil, oregano, thyme)
1/8 teaspoon ground black pepper
1/4 teaspoon salt
Optional: shredded cheese (mozzarella, parmesan, Swiss)

Directions:
1. Cook quinoa according to package directions. Reserve 1 1/2 cups for this recipe. Store remaining quinoa for use in another recipe.
2. Heat oil in a skillet over medium high heat. Add mushrooms, onion, garlic, dried herb, ground black pepper, and salt. Cook 6 minutes, until mushrooms and onions are tender, stirring often.
3. Stir reserved 1 1/2 cups quinoa into skillet of cooked vegetables.
4. Top with shredded cheese, if desired.

Tips:
Cooked quinoa can be stored in a tightly sealed container. Store in the refrigerator for up to four days or in the freezer for up to three months.

Source: Cornell University Cooperative Extension – Iowa State Extension.