

Quinoa Risotto with Mushrooms-found in Bon Appetit/January 2010

- 1 cup quinoa, rinsed
- 1 Tablespoon olive oil (or enough to sauté the onion and garlic in given the size of the pan you are using)
- 1 ½ cups chopped onion
- 1 garlic clove, pressed
- 8 ounces cremini mushrooms, sliced
- 6 ounces fresh shitake mushrooms, stemmed and sliced
- 3 teaspoons chopped fresh thyme
- 1 cup dry white wine (can substitute chicken broth, if desired)
- Freshly grated Parmesan cheese

Bring 2 cups of salted water to a boil. Add quinoa, reduce heat to medium-low, cover, and simmer till tender and water is absorbed, 10-15 minutes. (You can also make quinoa in a rice cooker ... works like a charm!)

Heat oil in a large skillet over medium-high heat. Add onion and sauté until onion begins to brown. Add garlic and stir. Add the mushrooms and thyme and sauté until the mushrooms are tender, 5-7 minutes. Add wine; stir until wine is reduced and liquid is syrupy, about 2 minutes.

Mix quinoa with the mushrooms, season with salt and pepper. Serve the cheese separately.