

## Recipe: Quinoa with Arugula and Shiitake Mushrooms

Serves 6 as a main course

- 2    **tblsp olive oil**
- 1    **medium-size yellow onion, chopped**
- 2    **garlic cloves, minced**
- 2    **cups quinoa, well rinsed**
- 1/2   **cup white wine**
- 3 + 1/2   **cups warm gluten-free vegetable or chicken stock (low-sodium)**
- 4    **loose cups arugula, stemmed and rinsed**
- 2    **small carrots, well scrubbed and finely shredded**
- 1    **cup thinly sliced fresh shiitake mushrooms**
- 1/2   **cup grated Parmesan cheese**
- Kosher salt and freshly-ground black pepper to taste**

Heat the olive oil over medium heat in a large saucepan. Add the onion and sauté until soft and translucent, approx. 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Be sure not to scorch the garlic. Add the white wine and a pinch of salt and stir until most of the liquid has been absorbed.

Add 3 cups of warm stock to the pan and bring to a boil. Reduce the heat to low and simmer until the quinoa is tender to the bite but still slightly hard in the center, approx. 12 minutes. Stir in the arugula, carrot and mushrooms. Add a little more stock if the mixture starts to become gummy. Continue simmering until the quinoa becomes translucent and the spiral-like germ or tail has separated from the seed; another 2 minutes or so.

Turn off burner(s), stir in the Parmesan cheese and season with salt and freshly-ground pepper. Serve immediately.