

GARLIC MUSHROOM QUINOA

YIELD: 6 SERVINGS
PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES
TOTAL TIME: 35 MINUTES

INGREDIENTS:

- 1 cup quinoa
- 1 tablespoon olive oil
- 1 pound cremini mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons grated Parmesan



DIRECTIONS:

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Serve immediately, garnished with Parmesan, if desired.

Nutrition Information: (Per Serving)

1/6th Recipe

155 calories

5 g Fat

23 g Carbohydrate

7 g Protein