

Quinoa Risotto with Spinach & Parmesan

Ingredients

- 1 Tbs olive oil
- 1/2 yellow onion, chopped
- 1 garlic clove, minced
- 1 cup dry quinoa
- 2 1/4 cup low sodium vegetable broth
- 2 cups spinach, chopped
- 1 small carrot, finely shredded
- 1/2 cup shiitake mushrooms, sliced
- 1/4 cup parmesan cheese, grated
- 1/4 tsp ground black pepper

Serves 6

Tips:

Feel free to substitute other greens like arugula or Swiss chard in place of the spinach.

Use white, red, or tricolor quinoa interchangeably.



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Quinoa (keen-wah) is technically a seed but cooks like a whole grain. This superfood provides 8 grams of complete protein and 5 grams fiber per cup. Excellent as a dish on its own or paired with Salmon Piccata.

Instructions:

1. In large saucepan sauté onion in oil until soft, about 4 minutes.
2. Place quinoa in a tea strainer and rinse under cool water.
3. Add garlic and quinoa, cook for about 1 minute stirring often.
4. Add broth and bring to boil.
5. Turn heat to low and simmer uncovered until the quinoa is almost tender, about 12 minutes. The mixture will be a little liquidy.
6. Stir in spinach, carrot, and mushrooms; simmer and stir an additional two minutes.
7. Stir in cheese and pepper. Serve immediately.

Recipe adapted from MayoClinic.org by Michael Hannah