Quinoa Pilaf with Mushrooms

Yield: 4 servings
Total Time: 45 minutes

Ingredients
1 tablespoon olive or canola oil
1 small shallot, chopped, or ¼ cup chopped red onion
½ cup thinly sliced baby portabella, crimini, or white button mushrooms
1½ cups quinoa, rinsed and drained
½ teaspoon fresh thyme leaves removed from stems
1 bay leaf
¼ teaspoon salt
½ teaspoon black pepper
3 cups low sodium vegetable broth

Preparation Instructions
1. Heat a large saucepan over medium heat and coat pain with oil. Cook shallot (or red onion) until translucent, about 3 minutes.
2. Stir in mushrooms, cooking and stirring until mushrooms are browned, about 8 to 10 minutes.
3. Stir quinoa, thyme, bay leaf, kosher salt, and black pepper into mushroom mixture. Cook, stirring often, until quinoa gives off a slightly toasted fragrance, about 5 minutes.
4. Slowly add vegetable stock into quinoa mixture and stir to combine. Bring to a full boil, then reduce heat to low and cover. Simmer until liquid is absorbed, about 15 minutes.
5. Remove from heat and fluff quinoa pilaf with a fork. Let pilaf stand for 10 minutes, then serve.

Nutrition Analysis
Per serving: 280 calories; 7g fat (1g saturated, 0g trans); 0mg cholesterol; 250mg sodium; 45g carbohydrate (6g dietary fiber; 5g sugar); 9g protein. Vitamin A 0%, Vitamin C 0%, Calcium 6%, Iron 20% Daily Value.

Cost
Per serving: $2.32
Total ingredient cost: $23.91

Modified from www.foodnetwork.com