

QUINOA RISOTTO W/ ARUGULA & PARMESAN

from the New Mayo Clinic.org Cookbook

(serves 6 as a side,
double recipe to serve as main dish)

Ingredients

1 Tbsp olive oil	2 cups chopped arugula (~ 3 oz)
1/2 onion , chopped	1 small carrot , shredded
1 clove garlic , minced	1/2 cup shitake mushrooms , thinly sliced
1 cup quinoa , well rinsed	1/4 cup grated Parmesan cheese
2 1/4 cups broth or stock (chicken/vegetable)	1/2 tsp salt
	1/4 tsp pepper

Instructions

- 1.** In a large saucepan, heat the oil over medium heat. Add the chopped onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook about 1 minute, stirring occasionally. Do not let the garlic brown.
- 2.** Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite, but slightly hard in the center, about 12 minutes. The mixture will be broth-like.
- 3.** Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer.
- 4.** Stir in the Parmesan and season with salt and pepper.
- 5.** Serve immediately.