

Recipe of the Month – December 2019

Mushroom Quinoa

Serves 6

Serving Size: ½ cup

Cost per Serving: \$0.57

Ingredients:

- 1 cup uncooked quinoa
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 package (8 ounces) fresh sliced mushrooms
- 1 onion, diced (about 1 cup)
- 2 cloves garlic, minced
- ½ teaspoon dried herb (basil, oregano, or thyme)
- ⅛ teaspoon ground black pepper
- ¼ teaspoon salt

Optional: shredded cheese (mozzarella, parmesan, or Swiss)



Directions:

1. Cook quinoa according to package directions. Reserve 1 ½ cups for this recipe. Store the remaining cooked quinoa for use in another recipe.
2. Heat oil in a skillet over medium high heat. Add mushrooms, onion, garlic, dried herb, ground black pepper, and salt. Cook 6 minutes, until mushrooms and onions are tender, stirring often.
3. Stir reserved 1 ½ cups quinoa into the skillet of cooked vegetables.
4. Top with shredded cheese, if desired.

Tips:

- Cooked quinoa can be stored in a tightly sealed container. Store in the refrigerator for up to four days or in the freezer for up to three months.
- Extra cooked quinoa can be used in soups or salads.

Nutrition Facts per Serving: 100 Calories, 3.5g total Fat (0g sat. fat), 0mg. Cholesterol, 105mg Sodium, 14g Carbohydrates, 2g Fiber, 2g Sugar, 4g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



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