

Quinoa Pilaf



1 ½ cup quinoa
3 cups vegetable stock
4 cloves garlic, chopped
1 yellow onion, chopped
2 tbsp olive oil
2 cups mushrooms, sliced
4-6 cups raw spinach
Dash of red pepper flakes

1. Add 3 cups of vegetable stock to sauce pan, bring to boil and add quinoa. Cover and reduce to simmer for 15 minutes or until water is absorbed.
2. While quinoa is cooking, add olive oil to sauté pan. Add onions, mushrooms, garlic, red pepper flakes, salt, and pepper.
3. When onions are almost clear, begin adding spinach and stir frequently until spinach is wilted.
4. Stir the cooked quinoa into the vegetables and gently combine.

Yield: 6-8 servings

From: Adapted from The Oaks at Ojai recipe