

Asian Toasted Quinoa with Mushrooms

written by The Recipe Exchange | July 25, 2015

Ingredients

1 cup quinoa (uncooked, rinsed)
2 cups vegetable broth
4 cloves garlic (minced)
2 tsps sesame oil
16 ozs mushrooms (sliced, shiitake, portabella, or cremini)
6 green onions (sliced)
2 tbsps olive oil
toasted sesame seeds

For the dressing:

2 tbsps olive oil
2 tbsps sesame oil
1 tbsp soy sauce

Directions

Heat a saucepan over medium heat, and add 2 tsp. sesame oil. Add 3 cloves minced garlic and quinoa. Cook for 4-5 minutes, stirring often to prevent burning, until quinoa is lightly toasted.

Add broth and increase heat to high. Bring to a boil, reduce heat, and simmer covered for 15 minutes until quinoa the broth is absorbed and the quinoa is cooked.

In a separate large pan over medium heat, add a bit of olive oil and shiitakes. Cook a few minutes until softened. Remove from pan. Repeat this step for the portabellas, then the creminis.

Add all softened mushrooms together in the pan with 1 clove minced garlic. Add cooked quinoa and green onions.

Whisk dressing in a small bowl, and pour over the quinoa. Stir well to combine.

Serve sprinkled with sesame seeds.