

QUINOA WITH LEEKS & MUSHROOMS



Ingredients:

1	Cup	Stock (vegetable or chicken)
¼	Teaspoon	Salt
1	Cup	Quinoa
¼	Cup	Parsley flakes
1	Tablespoon	Olive oil
2	Medium	Leeks (white and pale green parts)
½	Pound	Baby bella mushrooms (sliced)
¼	Cup	White wine

Directions:

1. Thoroughly rinse quinoa. Bring stock and salt to a boil. Add quinoa, cover, and reduce heat. Simmer 12 minutes or until liquid is absorbed and quinoa is tender. Remove from heat and stir in parsley. Let sit, uncovered, 2-3 minutes.
2. Thoroughly rinse leeks. Heat oil in skillet over medium heat and add leeks and mushrooms. Sauté until leeks are caramelized and mushrooms have lost most of their moisture. Add wine and simmer until liquid has dissipated, stirring often.
3. Gently stir quinoa into leek/mushroom mixture and serve.