

Quinoa with Leeks and Shiitake Mushrooms

simple
healthy
delicious

Ingredients

- 2 cups fat-free, less-sodium vegetable broth
- 1 cup water
- ½ teaspoon salt, divided
- 1 ½ cups uncooked Nature's Earthly Choice™ Quinoa, rinsed
- 3 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon olive oil, divided
- ¼ teaspoon freshly ground black pepper, divided
- 3 cups thinly sliced leek (about 2 large)
- 4 cups thinly sliced shiitake mushroom caps (about 8 ounces)
- 1 ½ cups chopped red bell pepper
- ¼ cup dry white wine
- ½ cup coarsely chopped walnuts



Directions

1. Combine broth, water, and ¼ teaspoon salt in a large saucepan; bring to a boil. Stir in Quinoa. Cover, reduce heat and simmer for 15 minutes or until liquid is absorbed. Stir in 3 tablespoons parsley, 1 ½ teaspoon oil, and ⅛ teaspoon black pepper. Remove from heat; keep warm.
2. Heat remaining 1 ½ teaspoon oil in a medium nonstick skillet over medium-high heat. Add leek; sauté 6 minutes or until wilted. Add mushroom caps, bell pepper, and wine; cook 2 minutes or until vegetables are tender. Stir in remaining ¼ teaspoon salt and ⅛ teaspoon black pepper. Place 1 cup Quinoa in each of 4 shallow bowls; top each with 1 ¼ cups vegetable mixture and 2 tablespoons walnuts.