

Mushroom and Currant Red Quinoa

This hearty warm quinoa combo will make a great side to many dishes!

Ingredients

4 tablespoons Grapeseed oil or other neutral oil + additional
4 cups diced Bella Mushrooms
2 cups finely chopped White Onion
¼ cup finely chopped Garlic
4 tablespoons Currants
4 cups cooked Red Quinoa
¼+ ⅓ teaspoon Sea Salt + additional
Fresh ground Black Pepper to taste

Preparation

Heat 2 tablespoons oil in a large skillet on medium-high heat; add mushrooms and sauté until browned and tender. Remove from pan with a slotted spoon and set aside. In the same skillet, add additional 2 tablespoons of oil (if needed) and add onions. Sprinkle with a dash of salt and sauté until softened. Next, add garlic and sauté a few minutes longer then combine currants and sauté a few minutes as well. Add cooked mushrooms and quinoa and sauté until quinoa is warmed and slightly crisped, adding additional oil if needed. Add ¼ + ⅓ teaspoon salt and black pepper to taste.

Serves 4-6