

Quinoa Risotto

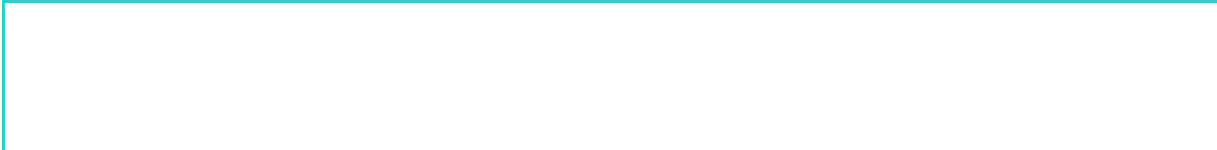
Category: Italian

Servings: 8

Rating: 10

Source: Lucy Waverman

Description:



Ingredients:

onion	1 cup, chopped
garlic	2 tsp., chopped
olive oil	1 Tbsp.
arborio rice	1 cup
white wine	1/2 cup
vegetable stock	3 to cups (or chicken stock, or water)
oyster mushroom	1/4 cup, slivered
red bell pepper	1/2 cup, chopped
peas	1/2 cup
shitake mushroom	1/4 cup, slivered
baby spinach	1 cup
quinoa	1 cup, cooked (simmer 1/2 c. in 1 c. water, 15 mins.)
salt	
pepper	
parmesan cheese	1/4 cup, grated
white truffle oil	2 tsp.

Instructions:

Sauté onion and garlic in oil over medium heat for 2 minutes or until it has softened. Add dry rice and continue to sauté for 3 minutes, or until the rice is lightly browned.

Deglaze the pan with wine and cook until the liquid has evaporated. Add stock, one cup at a time, stirring often, until the rice is cooked.

Add the remaining vegetables and quinoa, along with another splash of stock. Stir until they are fully incorporated and the spinach has wilted, about 2 minutes. Stir in the parmesan and season to taste.

Serve hot with a small drizzle of truffle oil.