

Title: Garlic Mushroom Quinoa

<u>Code</u>
GF, V, Q

<u>Nutrition Facts:</u>	
Yield	6
Calories	80
Total Fat	3g
Sat Fat	0.5g
Sodium	5mg
Added Sugar	0g
Fiber	1.5g
Carbohydrates	9g
Protein	3g

Ingredients Needed:

- 1 cup quinoa
- 1 Tbsp olive oil
- 1 pound mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 tsp dried thyme
- Salt and black pepper, to taste
- 2 Tbsp Parmesan cheese, grated

Recipe Directions:

1. In a large saucepan, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Garnish with Parmesan, if desired. Serve Immediately.

