



Mushroom Quinoa Risotto

with Tracy Citeroni

Ingredients

- 1 Lg Shallot (or Sm Onion)
- 3 T Unsalted Butter (sub Earth Balance or oil for vegan option)
- 3 Cloves of Garlic
- 1 tbs Olive Oil
- 1 lb Wild Mushrooms (chanterelles, oysters, or porcinis, cleaned and chopped. Other: baby bellas or white buttons)
- 1 C Quinoa
- 2 C Broth (Chicken or Vegetable)
- 2 Oz Goat Cheese, (Crumbled. For non-dairy 'cheese' or tangy spread for vegan option - nutritional yeast will also work)
- Salt and Freshly Ground Pepper

You can add a protein to make it a side dish or it can be a main dish as well.

Directions

Heat a large skillet over medium heat. Add 1 tablespoon of the butter. {I use a bit more butter and add the mushrooms first to give them a good, tasty sear. Just let them sit in the butter for a few minutes. Sprinkle them with a tiny bit of nutmeg. Your heat should be somewhat higher than medium. Seriously, this will add so much flavor to the dish. Flip them over and/or stir them around when one side is browned and do it again on the other side. Then proceed with shallot.} When the butter has melted, stir in the shallot, season with salt and pepper, and cook, stirring occasionally, for 5 minutes.

{If you've followed my deviation, you'll obviously skip this. But you could add a little olive oil if you like.} Add the olive oil and mushrooms, season again, and cook for another five minutes, or until mushrooms have begun giving off their water. (You can prepare the dish up to this point and set aside for an hour or two, or refrigerate overnight.)

Add the quinoa and the broth, stir, and bring the mixture to a simmer. Cook at a bare simmer, covered, for 10 minutes, or until all the liquid has been absorbed. Stir in the remaining 2 tablespoons butter (you can skip this, if you insist) and the goat cheese until both have melted, season to taste, and serve hot. {I grate a little high grade parm over the top as well. I like cheese!}