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 love cheese!}

### 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

### Directions

Mushroom Quinoa Risotto

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with Tracy Citeroni

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