MUSHROOMS

Mushrooms are low in calories and also provide a wealth of macro and micronutrients, particularly B vitamins, selenium, zinc and copper. In addition to these amazing health benefits, mushrooms are widely known for their great taste. Packed with a ton of essential vitamins and minerals, they make for an excellent addition to your meal, adding flavor to many different recipes.

HARVEST of the MONTH

RECIPE CORNER

MUSHROOM GARLIC QUINOA

YIELD: 4 Servings

INGREDIENTS

1 tbsp. olive oil
1 sweet onion diced
4 cloves garlic minced
10 oz. baby bella mushrooms sliced
1 cup quinoa
1/8 cup fresh basil leaves cut into strips
1/4 tsp. garlic powder
1/2 tsp. sea salt
1/8 tsp. pepper

DIRECTIONS

Rinse the quinoa and place in a pot along with 2 cups water. Bring to a boil, reduce heat to low and cover the pan. cook for 15-20 minutes until quinoa is soft and fluffy. While the quinoa cooks, add the olive oil, onion, and garlic in a large skillet and cook over medium heat for about 10 minutes. The onion should start to brown slightly. Add the mushrooms and cook for about 15 minutes until the mushrooms are browned and everything is somewhat caramelized. Stir in the garlic powder, salt, pepper, and cooked quinoa. Add the basil leaves and stir again. Serve immediately.