

Mushroom Quinoa Bowl

BY MICHELLE S.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 1 cup uncooked Quinoa ✓
- 1/2 TBSP Olive oil ✓
- 8 oz. Cremini Mushrooms
- 3 sprigs of Fresh Rosemary
- 2 cloves Fresh garlic
- 1/3 TBSP Powdered garlic ✓
- Dash of Salt ✓
- Dash of Pepper ✓
- 1/2 TBSP Nutritional Yeast ✓
- 1/3 cup Pine Nuts ✓
- 2 cups of water

DIRECTIONS:

1. Start off by first rinsing 1 cup of uncooked quinoa under cold water
2. In a medium sized pot, add 1 cup of uncooked quinoa with 2 cups of water
3. Bring the water and quinoa to a boil, and then turn on low heat
4. Cover the pot and let the quinoa cook on low for 15-20 minutes, or until the liquid is absorbed
5. While the quinoa is cooking, in a pan on medium heat, add the olive oil
6. As the oil is heating up, dice the garlic, wipe down the mushrooms with a damp paper towel, and then slice the mushrooms
7. Once the oil is hot enough, add the garlic and the rosemary sprigs, allow to cook for 1-2 minutes
8. While the garlic and rosemary are cooking, in a toaster oven, toast your pine nuts until golden brown
9. Add the mushrooms to the garlic and rosemary olive oil, season with garlic powder, salt, pepper, and nutritional yeast and let cook for 5-7 minutes
10. To plate, add about 1/2 cup of cooked quinoa to your plate, add mushrooms, garnish with toasted pine nuts, and enjoy!