

## Nourishing Quinoa Pilaf

### Ingredients

- 1 cup **quinoa** (rinsed or pre-rinsed)
- 1 2/3 cups **vegetable broth**
- 3 tbsp **extra-virgin olive oil** (divided)
- 1 **yellow onion** (small, finely chopped, about 3/4 cup)
- 2 **carrots** (small, peeled and diced, about 1/2 cup)
- 1 cup of **broccoli or kale** chopped
- 3/4 tsp **dried thyme**
- 4 ozs **shiitake** (stemmed and thinly sliced)
- 2 cloves **garlic** (minced, about 2 teaspoons)
- Salt & ground black pepper**

### Directions.

1. Combine quinoa and vegetable broth in a medium saucepan. Bring to a boil over high heat, then turn heat down to low, cover, and simmer until quinoa is cooked, about 15 minutes.
2. Meanwhile, heat 2 tablespoons vegetable broth and olive oil in a large skillet over medium heat until simmering. Add the onions and cook, stirring occasionally, until they start to soften, 2-3 minutes. Add the carrots, broccoli and thyme and cook until the carrots are just tender, 5-7 minutes. Add remaining tablespoon olive oil, along with mushrooms and (kale if including). Cook, stirring constantly, until mushrooms are cooked through, about 3 minutes. Season with salt and pepper to taste.
3. Add cooked quinoa to vegetables and stir in chopped garlic. Taste and adjust seasoning if necessary. Serve hot or warm.