

Quinoa, Bok Choy and Shiitake Mushrooms

- 1 c quinoa
- 1 1/2 c water if using a rice cooker, 2 cups in a pot
- 1-2 t sesame oil
- sea salt and freshly ground pepper
- 2 t coconut oil (good flavour, olive oil will do)
- 10 dried shiitake mushrooms, soaked for 30 minutes in hot boiled water, stems removed
- 4 -6 baby bok choy, cut lengthwise into quarters, rinsed
- 1 T oyster sauce
- 1/2 c almonds, roasted then chopped
- 1/3 c chives, finely chopped

Cook the quinoa in a pot, simmering it for 15 minutes, fluff then add the sesame oil, salt and pepper.

The way to roast almonds is slowly on low heat. Don't roast for too long to get perfect flavour and to keep the health properties intact. Use unsalted nuts, roasting them for 5-10 minutes in a 350 degree oven, in a baking pan, watching them and stirring them about, making sure they don't get overdone.

Sauté the mushrooms in the coconut oil.

After several minutes add the bok choy and a little of the mushroom soaking water. You can cover the pan to steam the veggies for about 3 minutes. You don't want to overcook the bok choy.

Cook the quinoa in a pot, simmering it for 15 minutes, fluff then add the sesame oil, salt and pepper. Lay the quinoa on a warm plate, cover with the bok choy, shiitake mushroom mixture. Sprinkle on the chopped almonds and chives.

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