

## Mushroom Quinoa Risotto

- 2 T olive oil
- 2 onions, chopped
- 6 dry shallots, finely chopped
- 3 garlic cloves, pressed
- 1 1/2 lbs crimini mushrooms, sliced
- 1 lb fresh shiitake mushrooms, stemmed, sliced
- 1 T chopped fresh thyme
- 3 c quinoa, rinsed and cooked with a little sea salt until soft (5 cups of water and a rice cooker used here)
- 1/2 c chopped sun-dried tomatoes
- 1 c dry white wine
- sea salt and freshly ground black pepper
- 1 c grated Parmegiano-Reggiano cheese
- finely chopped parsley as garnish

Heat oil in large skillet over medium-high heat. Add onion and shallot and sauté for about 5 minutes or until they begin to brown. Add garlic and cook for 30 seconds. Add mushrooms and thyme, cooking for about 10 minutes or until mushrooms are tender. Add wine and cook for 3 minutes or until liquid thickens. Stir in sun-dried tomatoes.

Combine quinoa with the mushroom mixture. Stir in 1/2 cup of Parmegiano-Reggiano. Season with salt and pepper. Garnish with parsley. Serve the remainder of the cheese on the side. Serves 10-12.

**Jittery Cook**