

## Quinoa Pilaf

- 1 c [quinoa](#), simmered in 2 cups water for 15 minutes
- 1 T olive oil
- 1 medium [red onion](#), chopped
- 1 c seeded, chopped [red pepper](#)
- 2 c sliced [mushrooms](#), any kind
- 2 cloves [garlic](#), minced
- 1 t kosher salt
- 1/2 t freshly ground black pepper
- 1 T fresh chopped [basil](#) or 1 tsp dried
- juice of 1/2 [lemon](#) (2 Tbsp)
- 1/4 c chopped fresh [parsley](#)

In a large pan, heat oil, then add onion, pepper, mushrooms and garlic and cook, stirring occasionally for 6 - 8 minutes, until golden. Add quinoa, salt, pepper, basil and lemon juice, and cook for 5 minutes or until heated. Serve garnished with parsley. Serves 6 - 8.

(**Note:** Cooking garlic destroys many health benefits. You can add it at the end instead. Same is true for mushrooms and red peppers. They lose some health benefits when cooked. )

**Jittery Cook**

from [Norene's Healthy Kitchen](#).