

Quinoa with Sautéed Mushrooms and Kale

<http://userealbutter.com/2011/02/07/quinoa-mushrooms-kale-recipe/>

1 cup quinoa
2 cups water
dash of salt
2 tbsps olive oil (or butter) for the mushrooms
1/2 lb. mushrooms, large dice or sliced depending on type of mushroom
more olive oil
1 bunch (about 8 leaves) kale or other dark leafy greens, washed and torn
1/2 yellow onion, diced
salt to taste
pepper to taste

Rinse the quinoa under cold water for a minute (I used a sieve and didn't lose a single seed). Place 1 cup of quinoa, 2 cups of water, and a dash of salt in a pot and bring to boil. Reduce heat to a simmer and cover. Cook for 20-25 minutes or until tender. Set aside. Heat two tablespoons of olive oil or butter in a sauté pan (butter will taste better) and sauté the mushrooms. Season with a bit of salt if you like. When the mushrooms are cooked, remove from pan and set aside. Heat some olive oil (like 1-2 tablespoons) in the same pan and sauté the kale until wilted. Add a dash of salt to taste. Remove from pan and set aside. When the kale cools, you can chop it up some more. Heat a tablespoon of olive oil in the same pan and sauté the onions until translucent. Add the quinoa, mushrooms, and kale to the onions and stir until heated through and well-mixed. Season with salt and pepper. Serve with pan seared something – like fish, scallops, steak, chicken. Serves 4.