

Quinoa and Porcini Mushroom Salad



Prep:

10 minutes

Total:

40 minutes

Makes:

4 full servings

Utensil:

Saladmaster Food Processor

1 Qt./0.9 L Sauce Pan with Cover

3 Qt./2.8 L Sauce Pan with Cover

12" Chef's Gourmet Skillet

medium mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Quinoa is a high-fiber, high-protein grain that takes on any flavour you add to it. In this recipe, the mushrooms, red onion and cranberries create a comforting, festive quinoa bowl that can be served any time of the year as a main dish with a side salad or soup.

1 cup
quinoa
(170
g)
3 cups
water, divided
(700
mL)
½ - 1 teaspoon
salt, to taste
(3 - 6
g)
¾ cup
dried porcini mushrooms
(65
g)

1/2 cup
red onion, strung, use Cone #2
(80
g)
1 stalk
celery, strung, use Cone #2
1 clove
garlic, finely chopped
1 cup
dried cranberries
(121
g)
1/2 cup
toasted pine nuts or toasted pecans
(68
g)
black pepper, to taste
2 tablespoons
fresh parsley, chopped
(8
g)

Directions:

1. Rinse quinoa, place in 3 Qt./2.8 L Sauce Pan and dry toast on low heat for a few minutes, until you can smell a nutty aroma. Add 2 cups of water and salt. Turn heat to medium, cover and cook. When Vapo-Valve™ clicks, reduce heat to low and simmer for 15 minutes.
2. Combine 1 cup of water with porcini mushrooms in 1 Qt./9 L Sauce Pan until Vapo-Valve™ clicks. Remove the pan from the heat and let the mushrooms soak for 20 minutes. Then drain the mushrooms, reserving them and the liquid separately. Roughly chop the mushrooms.
3. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add onions and celery. Cook until the vegetables are soft, about 7 minutes.
4. Add the reserved mushrooms, garlic and cranberries. Sauté until the cranberries are heated through, about 2 minutes.
5. Add pine nuts, cooked quinoa, reserved mushroom liquid, black pepper to taste and additional salt, if desired. Cook until the liquid has been absorbed, about 2 minutes. Stir in the chopped parsley and serve hot.

Nutritional Information per

▼ Serving

Calories: 396
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 303mg
Total 77g
Carbs:
Dietary Fiber: 7g
Sugar: 1g
Protein: 5g