

Quinoa Shiitake Edamame Pilaf



Prep:

15 minutes

Total:

35 minutes

Makes:

5 servings

Utensil:

1 ½ Qt./1.4 L Sauce Pan with Cover

10" Chef's Gourmet Skillet

large 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.

[Write a Review](#)

Recipe Description:

Shiitake mushrooms are known to be extremely beneficial to the immune system. They contain antiviral and antitumor agents. They are rich in vitamin D and are a good source of minerals. When they are cooked and added to a recipe, their unique flavour enhances a dish to make it earthy, savoury and grounding.

1 cup
red quinoa
(185
g)
1 ½ cups
water
(350
mL)
¼ teaspoon
dried rosemary leaves
(.5
g)
1 small
yellow onion, strung, use Cone #1
2 cloves
garlic, shredded, use Cone #1
½ cup
carrots, julienned, use Cone #2

1/2 teaspoon
 salt
 (3
 g)
 1 cup
 shiitake mushroom caps, sliced, use Cone #4
 (85
 g)
 1/2 cup
 cooked shelled edamame beans (steamed for 3 minutes)
 (77
 g)
 1/2 cup
 soaked arame (sea vegetable)
 (10
 g)
 parsley or rosemary to garnish

Directions:

1. Rinse and drain quinoa. Add to sauce pan and dry toast for 1 - 2 minutes and cook over medium heat until the water has evaporated and the quinoa smells nutty.
2. Add the water and rosemary. Cover and cook over medium heat. When Vapo-Valve™ clicks, reduce temperature to low and cook for 12 - 15 minutes.
3. Preheat skillet over medium heat, When several drops of water sprinkled on skillet skitter and dissipate, add onions and sauté until golden.
4. Add carrots, garlic and salt and sauté for about 30 seconds.
5. Add mushrooms and sauté until just tender.
6. Remove cooked quinoa from sauce pan and place into a large bowl. Add edamame, arame and sautéed vegetables. Stir together to combine.
7. Serve hot. Garnish with rosemary or parsley sprig leaves.

Tips:

- May be served as an entrée or a side grain dish.

Nutritional Information per

▼ Serving

Calories: 165
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 270mg
Total 28g
Carbs:
Dietary Fiber: 5g
Sugar: 2g
Protein: 7g
 Analysis does not include garnish