

Quinoa Risotto with White Beans Arugula & Parmesan

Makes 4 Servings

1 tbsp extra virgin olive oil
½ sweet yellow onion, chopped
1 clove garlic, minced
1 cup quinoa, well rinsed
3 cups low sodium vegetable broth
¼ to 1/3 cup pine nuts
1 can organic great northern beans, drained and rinsed
Or 2 cups fresh cooked beans
1 cup thinly sliced fresh shitake mushrooms
1 carrot, finely grated
2 ½ cups rocket arugula, stemmed and chopped
¼ cup fresh grated Parmesan cheese
½ tsp salt
¼ tsp freshly ground black pepper

1. In a large saucepan, heat the oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. (Don't let the garlic brown.) Add the broth, increase the heat to high, and bring to a boil.
2. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. (The mixture will be brothy.)
3. While the mixture is cooking, toast the pine nuts in a dry frying pan over medium high heat until they release their oils and fragrance, 3 to 4 minutes. (Do not overcook; browning makes the bitter.)
4. At 12 minutes (on the quinoa), stir in the beans, mushrooms, carrot and arugula and simmer (increasing heat if necessary) until the quinoa grains have turned from white to translucent and their "tails" have popped, about 2 to 3 minutes longer.
5. Stir in the cheese, season with salt and pepper, and sprinkle pine nuts over the top. Serve immediately.