

GARLIC MUSHROOM QUINOA

yield: 6 SERVINGS prep time: 10 MINUTES cook time: 25 MINUTES total time: 35 MINUTES

An easy, healthy side dish that you'll want to make with every single meal!

★★★★★ 4.91 stars (35 ratings)

INGREDIENTS:

- 1 cup quinoa
- 1 tablespoon olive oil
- 1 pound cremini mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons grated Parmesan



DIRECTIONS:

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Serve immediately, garnished with Parmesan, if desired.

Adapted from [Barefeet in the Kitchen](#).

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