

# Quinoa Dish

Recipe By *Brynie Greisman*



Cooking and Prep:  35  
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Serves:  3

No Allergens

**Preference:** Parve

**Diet:** Vegetarian, Gluten Free,  
Low Carb, Sugar Free,  
Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

Quinoa (KEEN-wah) has a delicate, nutty flavor and chewy texture. It is lower in carbs than most grains and is considered a complete protein because it contains all eight essential amino acids. It's packed with fiber, and is a great source of B vitamins and minerals. In this dish, lemon juice and parsley pair perfectly with the quinoa and veggies.

For a change, we're presenting a smaller recipe that will yield just 3-4 servings. It easily doubles triples and more.

## Ingredients (12)

### Main ingredients

- 1/2 cup quinoa
- 1 cup water
- 1/2 tablespoon **Bartenura Olive Oil**

- 1/2 medium red onion, chopped
  - 1/2 cup chopped red pepper
  - 3/4 cup sliced mushrooms (fresh or from a can)
  - 1 teaspoon minced garlic or 1 cube **Gefen Frozen Garlic**
  - 1/2 teaspoon salt
  - 1/8 teaspoon black pepper or to taste
  - 1/4 – 1/2 teaspoon dried dill or 1 cube **Dorot Gardens Frozen Dill** (*optional*)
  - 1 tablespoon fresh lemon juice
  - 2 tablespoons chopped fresh parsley, for garnish
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## Start Cooking

### Make the Quinoa

1. Rinse the quinoa in a fine-meshed strainer; drain thoroughly. Transfer it to a small pot, add the water, and bring to a boil. Reduce the flame to low and simmer, covered for 10–15 minutes. Turn off the flame. Let the pot stand, covered, for 5–10 minutes. Fluff the quinoa with a fork.
2. Heat the oil in a nonstick frying pan over a medium flame. Add the onion, pepper, mushrooms, and garlic and sauté for six to eight minutes or until golden. Add the cooked quinoa, salt, pepper, dill, and lemon juice. Cook and stir for five minutes, until heated through.
3. Sprinkle with parsley before serving.

**Note:**

Do not freeze.