

SPRING VEGETABLE AND QUINOA RISOTTO

Susan Denzer, Chef + Culinary Consultant

Love + Craft Kitchen, LLC

loveandcraftkitchen.com

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KITCHEN



Although this dish can be prepared year-round, fresh spinach and arugula paired with green peas - all wonderful cool weather vegetables - make this a delicious choice for spring. They provide “superfood” status with regard to vitamins and minerals, and the quinoa is a great source of plant-based protein.

Quite satisfying as an entrée, it also works well as an accompaniment to other menu items. A nicely melting vegan cheese may be substituted for the fontina, if preferred.

3 - 4 servings as an entree; 6 servings as a side dish

INGREDIENTS

- 1 tablespoon olive, avocado or sunflower oil
- ½ yellow onion, diced
- 1 small to medium-sized carrot, peeled, small diced
- ½ cup fresh mushrooms, sliced
- ½ teaspoon minced garlic
- 1 cup quinoa, well rinsed (one color or multi-colored)
- 2 ½ cups vegetable stock or broth, low-sodium or no salt added
- 1 tablespoon lemon or white balsamic vinegar 1/8
- 1/8 teaspoon (pinch) dried thyme (or ¼ teaspoon fresh thyme leaves)
- 1 cup each - spinach and arugula, chopped
- ½ cup fresh or frozen green peas
- ½ cup shredded fontina cheese (or vegan cheese)
- ¼ - ½ tsp salt
- ¼ tsp freshly ground Black Pepper

Extra virgin olive oil - drizzled at finish (optional)

Freshly grated fontina cheese - for garnish (optional)

DIRECTIONS:

1. In large saucepan, heat oil over medium heat. Add onions, carrots and mushrooms, and sauté until soft, 3 - 4 minutes.
2. Add the garlic and quinoa, sauté for 1 minute more, stirring frequently.
3. Add the stock, vinegar and thyme and bring to boil. Reduce heat to low simmer, cover, and cook until quinoa is almost tender and translucent, about 12 minutes. Not all liquid will be absorbed yet.
4. Stir in the spinach, arugula and peas; cook uncovered about 3 minutes more.
5. When liquid is mostly absorbed and quinoa is translucent, remove from heat; stir in the cheese, salt, and pepper.
6. Serve immediately. If desired, garnish with a light drizzle extra virgin olive oil, and/or freshly grated fontina cheese.