

Garlic Mushroom Quinoa

Recipe from RAMC Dietitians

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Ingredients:

1 cup quinoa (uncooked)

1 tablespoon olive oil

1lb mushrooms

5 cloves of garlic

½ teaspoon dried thyme

Salt and pepper to taste

Instructions:

1. Cook quinoa according to package directions. Set aside.
2. In a separate large skillet, heat olive oil over medium-high.
3. Slice mushrooms and mince garlic. Add mushrooms, garlic, and thyme to skillet.
4. Stir occasionally for 3-4 minutes or until tender.
5. Stir in quinoa and season with salt and pepper.
6. Serve immediately and enjoy.

| Nutrition Facts | |
|--|-------------|
| Servings 6.0 | |
| Amount Per Serving | |
| calories | 145 |
| % Daily Value * | |
| Total Fat | 4 g 6 % |
| Saturated Fat | 1 g 3 % |
| Monounsaturated Fat | 2 g |
| Polyunsaturated Fat | 1 g |
| Trans Fat | 0 g |
| Cholesterol | 0 mg 0 % |
| Sodium | 6 mg 0 % |
| Potassium | 411 mg 12 % |
| Total Carbohydrate | 21 g 7 % |
| Dietary Fiber | 3 g 11 % |
| Sugars | 2 g |
| Protein | 7 g 13 % |
| Vitamin A | 0 % |
| Vitamin C | 3 % |
| Calcium | 18 % |
| Iron | 3 % |
| * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. | |



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