



## Red Quinoa Pilaf With Kale

1 cup red quinoa rinsed in a fine sieve  
2 cups water or low-sodium vegetable broth  
½ bunch kale, de-stemmed and sliced into thin shreds  
2 teaspoons olive oil  
½ yellow onion, small dice  
3 garlic cloves, minced  
10 cremini mushrooms, chopped  
1 cup diced squash or sweet potato  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
½ teaspoon crushed dried rosemary  
2 tablespoons lemon juice  
Sea salt and black pepper to taste

Combine rinsed quinoa and broth in medium saucepan. Bring to a boil and reduce to a simmer. Place lid on pan and simmer until broth is absorbed, about 15 to 18 minutes. Meanwhile, slice kale and set aside. Heat large skillet and add olive oil. Sauté onion and then garlic until golden. Add kale; sauté and place cover on skillet until wilted, about 3 minutes. Set aside in a separate dish. Reheat skillet, add mushrooms and cook over medium-high heat until golden. Add the squash, kale and spices; coat well and cook until squash is just tender. Add quinoa and lemon juice. Heat through. Taste and adjust salt and black pepper if needed.