

Creamy Quinoa Primavera

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Adapted from [Elly Says Opa](#)

Yield: 3-4 servings

3/4 cup uncooked quinoa
1/2 Tbsp. butter
1/2 onion
2/3 to 3/4 of an 8 oz. carton mushrooms, chopped
1-2 cloves garlic, minced
1-1/4 cups reduced-sodium chicken broth
1-1/2 to 2 oz. reduced-fat cream cheese, softened
1 small roma tomato, chopped
1 handful baby spinach, roughly chopped
1/2 Tbsp. chopped fresh basil (or 1/2 tsp. dried)
1-2 Tbsp. grated Parmesan cheese
Salt and pepper, to taste

Rinse **quinoa** well and set aside.

In a medium skillet or saucepan, melt the butter over medium to medium-high heat. Add the **mushrooms** and **onions** and cook until juices have been released and veggies are slightly tender. (If using any crisp veggies like carrots or broccoli, add now and saute for another 1-2 minutes until crisp-tender.) Stir in **garlic** and **quinoa** and cook, stirring, for 1 more minute. Add the **broth** and **basil** (if using dried) and bring to a boil. Reduce heat; cover and simmer 10-15 minutes, until quinoa is cooked and broth is almost all absorbed.

Stir in the **cream cheese** until mixed throughout. Add the **tomatoes** and **spinach**, stirring to warm through and allow the spinach to wilt. Add **basil** (if using fresh) and **Parmesan**, and season to taste with **salt** and **pepper**. Garnish with additional cheese and/or basil, if desired.