

Spanish Jack's

Quinoa Side Trail

Preparation: 15 Minutes, Cook Time: 20 Minutes

Yield: 5-6

Spanish Jack's Cookbook

Coffee Barbeque Sauce Recipes: **Quinoa**



I know you are saying "What is Quinoa?" I did not know either until I read the package. Quinoa is an ancient grain which is a nutritious substitute for rice. Do not let it fool you, it is not a true grain. It is related to beets, chard and spinach. When Quinoa is fixed correctly, it will absorb the flavors from your pan.

It turns out this is not only healthy for you....it tastes great. If you like Couscous, you will love Quinoa and this dish. You can eat it as a side dish or as part of a great veggie dish.

Source: *Connie - Ohio*

1 cup Whole Grain Quinoa	4-5 sliced Mushrooms
1/2 cup Water or Chicken Broth	1 teaspoon Spanish Jack's Red Devil Rub
1 tablespoon Yogurt Butter	1-2 tablespoon Yogurt Butter
1 tablespoon Olive Oil	1-2 tablespoon Spanish Jack's Coffee
2 small Green Onions, washed and cut diagonally	Barbeque Sauce
2 teaspoons minced Garlic	1-2 pinch Kosher Salt
	1-2 pinch freshly ground Black Pepper

Directions:

1. Either follow the instructions from the package or fix it in a rice steamer. I put 1 Cup of Quinoa and 1 1/2 Cup of water into my rice steamer. I placed it in the microwave for 12 minutes (as my rice steamer suggested).

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2. While the Quinoa is cooking, get out a medium skillet. Add 1 Tablespoon of yogurt butter and olive oil on medium heat.
3. Wash and cut the green onions diagonally. Place the green onions into the hot skillet.
4. Add 1-2 teaspoons of minced garlic into the hot skillet.
5. Wash and slice 4-5 mushrooms. Add the mushrooms into the hot skillet and stir.
6. Cook these veggies until the white portion of the green onions become transparent. If the Quinoa is still cooking, reduce the heat on the skillet.
7. Now your Quinoa should be done. Scoop out all the cooked Quinoa into the veggie mixture. Turn the heat back up to a medium setting and stir.
8. Add the Spanish Jack's Red Devil Rub, yogurt butter, Spanish Jack's Coffee Barbeque Sauce, kosher salt and fresh ground black pepper to the skillet. Stir and reduce the heat to low for 5 more minutes. Reduce to simmer. Now you are ready to serve and enjoy.




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