



## ALMOND QUINOA WITH ASPARAGUS

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EACH BATCH MAKES 8 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Olive oil, divided	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Thinly sliced shallots or sweet onion	1/2 cup	1 cup	1 1/2 cups	2 cups
Cloves garlic, minced	8	16	24	32
Quinoa, rinsed and drained (uncooked)	2 cups	4 cups	6 cups	8 cups
Gluten free vegetable or chicken broth	4 cups	8 cups	12 cups	16 cups
Bay leaves	2	4	6	8
Mushrooms, sliced	10 ounce	20 ounce	30 ounce	40 ounce
Asparagus, weedy ends removed, chopped	2 pounds (about 4 cups)	4 pounds (about 8 cups)	6 pounds (about 12 cups)	8 pounds (about 16 cups)
Spinach or baby chard, washed and chopped	1 1/2 pounds	3 pounds	4 1/2 pounds	6 pounds
Toasted slivered almonds (or pumpkin or sunflower seeds)	1/3 - 1/2 cup	2/3 - 1 cup	1 - 1 1/2 cups	1 1/3 - 2 cups
Gluten free soy sauce	3 tablespoons	6 tablespoons	9 tablespoons	12 tablespoons

In a pan over medium-high heat, heat HALF of oil then saute shallots until transparent. Add Garlic to pan and saute until garlic releases it's scent. Add quinoa to pan and stir until quinoa is coated with oil.

Reduce heat to medium. Stirring constantly, cook quinoa until slightly golden and toasted (do not scorch). Add broth and bay leaves to quinoa and bring to a boil. Reduce heat, cover and simmer for 15 minutes until liquid is absorbed.

While quinoa is simmering, saute mushrooms in remainder of oil until tender. Add asparagus and saute until tender. Add greens and stir until just wilted. Remove from heat and set aside until quinoa is finished cooking.

When quinoa is finished cooking, stir vegetable mixture, almonds and soy sauce into the quinoa.

**To freeze:** Cool quinoa mixture then pack into one or two large freezer bags, removing all air. Seal, label and freeze. Or make individual packets of mixture, if desired.

**To serve:** Thaw mixture. Heat individual portions in small sauce pan or microwave if you use one. For larger amount, thaw, and heat in large pot or sauce pan. You can also stir-fry it to heat with a bit of added oil. You can also thaw and heat filling and serve in cooked peppers or roasted squash halves.