



Quinoa Pilaf

SERVES 6

2 CUPS QUINOA

1 BUNCH OF CHARD CUT INTO 1IN. RIBBONS

1 C. SWEET ONION DICED

2 TBSP. GARLIC MINCED

1 CUP CHOPPED OYSTER MUSHROOMS

1 CUP COCONUT OIL

1 CUP CILANTRO

1 TBSP. UME PLUM VINEGAR

SEA SALT AND PEPPER TO TASTE



Instructions

1. In a pot boil 4 cups of water and add quinoa once it comes to a boil, check if ready in about 15 minutes.
2. Saute onion and garlic in a lil coconut oil till it sweats. Add mushrooms and sauté until the edges are golden..
3. Next add the chard until it barely wilts. Once it's cooked, take off the flame and in a large bowl mix the quinoa with the veggies and in 5 minutes add the remaining coconut oil, cilantro, Ume, Sea salt and pepper to taste.