



Mushroom risotto style rice & grains
RECIPE

Mushroom risotto style rice & grains



COOK TIME

5 min

PREP TIME

15 min

MAKES

3 servings

A delectable combination of mushrooms, butter and Parmesan cheese makes this recipe a creamy delight. Best of all, you can have all this flavor in just 20 minutes!

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INGREDIENTS

- 1/2 ounce dried mushrooms
- 1 cup sliced fresh mushrooms, such as button, cremini, or shiitake
- 1 clove finely chopped garlic
- 1/2 cup heavy whipping cream
- 1/4 cup freshly grated Parmesan cheese
- 2 tbsps. butter
- 1 shallot, finely chopped
- 1/3 cup dry white wine
- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic
- 2 tbsps. chopped fresh chives

THIS RECIPE FEATURES:



SEEDS OF CHANGE™ Certified Organic Quinoa & Brown Rice with Garlic Pouch 8.5 oz

[SEE DETAILS](#)

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DIRECTIONS

1. In small bowl, soak dried mushrooms in very hot water about 10 minutes or until softened.
2. Drain; pat dry.
3. Chop into 1/4-inch pieces.
4. In 10-inch nonstick skillet, melt butter over medium heat.
5. Cook and stir fresh mushrooms, shallot and garlic in butter 5 minutes or until tender.
6. Stir in wine; increase heat. Boil 2 minutes or until all liquid is slightly thickened.
7. Stir in whipping cream and SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic.

8. 8.
Reduce heat. Simmer uncovered 2-3 minutes or until rice is heated through and mixture is creamy.
9. 9.
Stir in cheese. Divide among 3 bowls; sprinkle with chives.





NUTRITION INFO

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Column 1	Column 2
Servings	3
Calories (per serving)	420
Total Fat	25g
Saturated Fat	15g
Trans Fat	0g
Total Fat % DV	38%
Saturated Fat % DV	75%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	390mg

Column 1	Column 2
Sodium % DV	16%
Total Carbohydrate	35g
Dietary Fiber	3g
Sugars	2g
Total Carbohydrates % DV	12%
Dietary Fiber % DV	12%
Protein	9g

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[Salmon rice chowder](#)

Cook time

40 min

Prep time

5 min

[SEE DETAILS](#)



[Roasted brussels sprouts with whole grains and fruit](#)

Cook time

20 min

Prep time

10 min

[SEE DETAILS](#)



[Moroccan buddha bowl](#)

Cook time

25 min

Prep time

15 min

[SEE DETAILS](#)



Mushroom & quinoa stuffed pumpkins

Cook time

35 min

Prep time

10 min

[SEE DETAILS](#)

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