

BLUE SKIES WEST DINING SERVICES
September 2021 BON APPÉTIT



Main Dining Room Hours

Lunch Carryout, Mon - Sat 11am - 1pm

Lunch Dine-In, Mon - Sat 11am - 1pm (Open Seating)

Dinner Carryout, Mon - Sat 4 - 4:45pm

Dinner Dine-In, Mon - Sat 5 - 6:30pm (Reservation Required)

Sunday Brunch Carryout, 10:30 - 11:15am & 1 - 1:15pm

Sunday Brunch Dine-In, 11am - 1pm (Reservation Required)

Bistro Hours

Breakfast Sundays – 7:30am - 12:30pm (note the extended hours)

Breakfast Mon - Sat, 7:30 - 11am

Lunch/Dinner, Sun - Sat 11am - 6:30pm

Bistro Specials Available Mon – Fri

Please see bottom of menu pages for Weekly Bistro Specials

Lunch Deli Sandwiches – Come and check out our new build-your-own style Deli Sandwiches on a fresh baked hoagie, with a side of chips and your choice of toppings and condiments. You will need to place your order at the register. Please have a seat at your table or waiting area, and we will deliver it to you. These are only available at lunchtime.

Bistro Pizza – Due to popular demand, we will now start offering build-your-own custom pizzas. They will be a cheese pizza base, \$6.00 for a small and \$12.00 for a large. Each topping will be an additional \$0.25. Toppings: Pepperoni, Sausage, Onion, Bell Pepper, Olives, and Mushrooms.

Dinner, Sunday Brunch & Holiday Reservations – Reservations are required for Dine-In Dinner Monday-Saturday, and for Dine-In on Sundays. Reservations are also required for Holiday Dine-In and Carryout. Reservations can be made on <https://tableagent.com/san-antonio/blue-skies-of-texas-west/>. If you need any assistance, please reach out to Daniel, Nikki, or Caitlin at 210-568-3232. Please see page 3 for a step-by-step guide on making your reservation.

Reservation Cut Off Times – Dinner reservation cutoff time Monday thru Saturday is **2pm** on that day. Sunday Brunch reservation cutoff time is **6pm** the day before.

Current “Normal” BSTW Dining Operations – Dine In & Carry-Out

Reminders:

- **Masks are mandatory for EVERYONE**, unless you are actively eating or drinking.
- Guests are required to have a VIP Band if they would like to dine in the Bistro or Main Dining Room.
- Deliveries are charged except for medical reasons and quarantine.

Lunch

- Please enter through Main Dining Room Lunch entrance.
- Order is taken at the Grill Line. Please proceed to the cold / hot line if you would like other items, pay, then have a seat at your table or one of the tables in the waiting area, and items will be delivered to you.

Dinner

- Carryout customers, please enter through Main Dining Room Lunch entrance.
- Grill Carryout orders are taken at the register. Please proceed to the cold / hot line if you would like other items, pay, then have a seat at one of the tables in the waiting area, and items will be delivered to you.
- Dine-In Reservations, please enter through the Main Dining Room Dinner entrance.
- Dine-In customers will place all orders at their tables.

Grill Lunch Specials Daily (Monday – Saturday)

- Hamburger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side, \$7.00
- Impossible Burger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side, \$7.50
- Hot Dog, choice of topping or Chili Cheese, \$4.00
- Chicken Breast, lightly seasoned with lemon pepper, \$7.00
- Salmon \$9.00
- Fries \$1.95
- Onion Rings \$1.95

Attention: Weekend dining at the Sky Lounge has returned for all residents of both the East & West Campuses.


Please remember that the 5pm-6pm hour is high demand, and that you may want to plan accordingly. Please refer to the Friday Flyer for the schedule, and make all reservations through Table Agent.



MDR Dine-In Reservations



To make a reservation to Dine-In for Brunch & Dinner, please use the following web address:



<https://tableagent.com/san-antonio/blue-skies-of-texas-west/>


Reservations

 Mon Mar 01 2021

 Dinner - Restaurant 

 Time 

 Party Size 










<=== Select the time you want


<=== Select your party size


Click "Continue", then enter your info.




Guest Info


 Language English 


 Dinner - Restaurant
 Monday, March 01, 2021 
 4 p.m.
 2 people

First Name  First Name


Last Name  Last Name

Phone   USA +1  Phone

Email  Email

Request  Request / Occasion

Yes, I want to receive emails from Blue Skies - West.



**The sooner you make your reservation, the more likely you are to get your preferred time slot.
The website will tell you immediately if it is already taken, so you can choose another time.**

If you need assistance, please call Daniel, Nikki, or Caitlin at (210) 568-3232.

Menu – Sunday, August 22 – Saturday, August 28

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
Entrée 1	Prime Rib w/ Gravy	Shrimp Cakes with Remoulade Sauce	Thai Basil Pork Stir Fry	Peach Glazed Ham	Teriyaki Chicken Thigh	Chicken Marsala	Grilled Italian Sausage
Entrée 2	Tomato and Herb Poached Salmon	Bowtie Chicken Alfredo	Bratwurst w/ Cheddar Ale Sauce	Pasta à la Vodka with Turkey and Fresh Mozzarella	Sweet and Sour Pork	Shrimp Scampi Linguini	Baked Ziti
Brunch ONLY Entrée 3	Chicken Cordon Bleu	/	/	/	/	/	/
Vegetable	Brussels Sprout Hash	Glazed Carrots	Sauerkraut	Chef's Choice Bean	Sesame Sugar Snap Peas	Parmesan Tomatoes	Peas and Pearl Onions
Vegetable	Green Bean Casserole	Steamed Broccoli	Cole Slaw	Grilled Asparagus	Edamame	Artichoke and Kale Casserole	Fried Okra
Vegetable	Steamed Carrots	Braised Cabbage w/ Bacon	Stir Fry Vegetable Medley	Sauteed Spinach w/ Shallots	Ginger-Hoisin Carrots	Garlic Green Beans w/ Blistered Tomato	Roasted Mushrooms and Zucchini
Starch	Mashed Yukon Gold Potato	Rice Pilaf	Jasmine Rice	Candied Sweet Potato Casserole	Sushi Rice	Chefs Choice Pasta	BBQ Baked Beans
Starch	Smoked Gouda Mac and Cheese	Cheddar Cheese Bread Pudding	Rice Noodles	Bistro Chips	Crispy Noodles	Roasted Baby Potatoes	Warm Potato Salad
Soup	Broccoli Cheese	Corn Chowder	Thai Tom Kha Gai	White Bean and Ham	Asian Garden Soup	Shrimp Bisque	Cream of Broccoli

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Greek Chicken Power Bowl	Greek Chicken Power Bowl	Greek Chicken Power Bowl
Lunch Sandwich	/	Gyro on Pita	Gyro on Pita	Gyro on Pita	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese
Lunch Grill Special	/	Morrison Living Burger Promotion	Spaghetti and Meatballs	Spaghetti and Meatballs	Chicken Parmesan Sandwich	Chicken Parmesan Sandwich	/

Bistro Special August 23 – 27:
Shrimp Quesadilla

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

Menu – Sunday, August 29 – Saturday, September 4

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
Entrée 1	Roasted Turkey	Grilled Chicken Tenders	BBQ Braised Beef	Chicken Parmesan	Asian Orange Chicken Tenders	BBQ Chicken Thigh	Beef Stroganoff
Entrée 2	Grilled Ham Steak	Liver and Onions	Veggie Quiche	Cheese Tortellini	Coconut Tofu Stir fry	Fish and Chips	Chicken and Sausage Gumbo
Brunch ONLY Entrée 3	Linguini and Clam Sauce						
Vegetable	Carrots & Cauliflower	Stir Fry Veggies	Garlic Spinach	Apple-Onion Sauerkraut	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	Green Bean Casserole	Green Beans and Cherry Tomato	Peas w/ Ham	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Okra and Tomatoes
Vegetable	Creamed Spinach	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Roasted Vegetables w/ Herbs	Oven Roasted Carrots
Starch	Mashed Potato	Brown Rice	Roasted Potato	Polenta	Sesame Rice	Chef's Choice Bean	Parslied New Potato
Starch	Stuffing	Bowtie Pasta	Tater Tots	Potato Casserole	Buttered Egg Noodles	Baked Sweet Potato	Red Beans and Rice
Soup	Vegetable Beef	Chicken and Rice	Black Bean	Navy Bean	Thai Coconut Tomato	Salmon Corn and Bacon Chowder	Hungarian Mushroom

Items Below Only Available at Lunch Time

Lunch Salad/Cold		Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl
Lunch Sandwich		Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special		Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	

Bistro Special August 30 – September 3:
Pork Eggrolls w/ Sweet & Sour Sauce

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

Menu – Sunday, September 5 – Saturday, September 11

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	5-Sept	6-Sept	7-Sept	8-Sept	9-Sept	10-Sept	11-Sept
Entrée 1	Prime Rib w/ Gravy	Chef's Fresh Catch	Garlic Herb Meatloaf w/ Onion Gravy	Salisbury Steak	Chicken, Mushroom, Cashew Stir Fry	Grilled Skirt Steak Chimichurri	Dry Rubbed BBQ Pork Chop w/ Apples
Entrée 2	Fried Chicken	Smothered Garlic Herb Pork Loin	Lemon Pepper Roasted Chicken Thighs	Chicken Piccata	Carolina Pulled Pork	Grilled Trout with Tropical Salsa	Shrimp Alfredo Florentine
Brunch ONLY Entrée 3	Pasta Primavera	/	/	/	/	/	/
Vegetable	Green Beans	Mushroom and Leek Sauté	Steamed Carrots with Herb Butter	Grilled Asparagus	Sautéed Spinach	Broccoli	Roasted Yellow Squash
Vegetable	Roasted Cauliflower	Summer Succotash	Tomato & Cucumber Salad	Corn w/ Pimento	Stewed Squash w/ Tomatoes and Rosemary	Tuscan Green Beans	Peas and Mushrooms
Vegetable	Braised Carrots and Onions	Green Peas	Sauteed Mixed Vegetables	Broccolini	Buttered Corn	Grilled Zucchini	Sauteed Spinach
Starch	Rice Pilaf	Mashed Potatoes	Potato Cakes	Couscous	Cilantro Rice	Spanish Rice	Mac & Cheese
Starch	Buttermilk Mashed Potato	Florentine Rice	Herbed Quinoa	Scalloped Potatoes	Baby Lima Beans	Lyonnais Potato	Hash Brown Potatoes
Soup	Gazpacho	Cream of Onion	White Bean and Ham	Cream of Cauliflower	Corn Chowder	Manhattan Style (red) Seafood Chowder	Tuscan Sausage Soup

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Chef Salad	Chef Salad	Chef Salad
Lunch Sandwich	/	French Dip	French Dip	French Dip	Reuben Sandwich	Reuben Sandwich	Reuben Sandwich
Lunch Grill Special	/	Seasoned Ground Beef or Pork Verde Taco Salad	Seasoned Ground Beef or Pork Verde Taco Salad	Baked Potato Bar	Baked Potato Bar	Baked Potato Bar	/

Bistro Special September 6-10: Chili Cheese Dog

Menu – Sunday, September 12 – Saturday, September 18

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	12-Sept	13-Sept	14-Sept	15-Sept	16-Sept	17-Sept	18-Sept
Entrée 1	Roasted Turkey	Old Fashioned Pot Roast	Moroccan Chicken	Liver and Onions	Lemon-White Wine Baked Salmon	Fried Shrimp	Hawaiian Pineapple Pork Loin
Entrée 2	Pesto Crusted Redfish	Herb Crunch Pork Chop	Korean Bulgogi Beef	Swedish Meatballs	Beef Lasagna	Queso Smothered Chicken Breast	Beef Enchiladas
Brunch ONLY Entrée 3	Shredded Slow Roasted Pork (Cochinita Pibil)	/	/	/	/	/	/
Vegetable	Steamed Carrots	Corn on the Cob	Broccoli w/ Garlic Sauce	Roasted Brussel Sprouts	Ratatouille	Steamed Zucchini	Borracho Beans
Vegetable	Green Beans with Caramelized Onions	Steamed Asparagus	Sauteed Zucchini and Snow Peas	Apple-Almond Green Beans	Steamed Broccoli	Roasted Tomatoes	Roasted Vegetable Medley
Vegetable	Sauteed Spinach w/ Tomato	Grilled Vegetables	Stir Fry Ginger Carrots	Roasted Mushrooms	Peas w/ Fennel	Cumin Stewed Squash	Street Corn
Starch	Mashed Potato	Smashed Potatoes	Jasmine Rice	Buttered Noodles	Wild Rice	Farro with Pecans and Currants	Roasted Acorn Squash
Starch	Cornbread Stuffing	Roasted Redskin Potato	Sesame Garlic Roasted Sweet Potato	Tater Tots	Chimichurri Cauliflower Rice	Red Beans and Rice	Parslied Potato
Soup	Tomato Basil	Roasted Redskin Potato	Lentil & Sausage	Cream of Broccoli	Baked Potato	NE Clam Chowder	Chicken Tortilla Soup
Lunch Salad/Cold	/	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls
Lunch Sandwich	/	Tuna Salad Melt	Tuna Salad Melt	Tuna Salad Melt	Egg Salad Sandwich on Croissant	Egg Salad Sandwich on Croissant	Egg Salad Sandwich on Croissant
Lunch Grill Special	/	Chicken Wings-BBQ or Sesame Teriyaki	Chicken Wings-BBQ or Sesame Teriyaki	Loaded Nachos	Loaded Nachos	Loaded Nachos	/

Bistro Special September 13-17: Chicken Salad Wrap

Menu – Sunday, September 19 – Saturday, September 25

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	19-Sept	20-Sept	21-Sept	22-Sept	23-Sept	24-Sept	25-Sept
Entrée 1	Prime Rib w/ Gravy	Potato Crusted Redfish with Remoulade Sauce	Thai Basil Pork Stir Fry	Smothered Fried Pork Chop	Teriyaki Chicken Thigh	Chicken Marsala	Grilled Italian Sausage
Entrée 2	Tomato and Herb Poached Salmon	Bowtie Chicken Alfredo	Bratwurst w/ Cheddar Ale Sauce	Cheese Ravioli Tomato Herb Sauce	Sweet and Sour Pork	Shrimp Scampi Linguine	Baked Ziti
Brunch ONLY Entrée 3	Chicken Cordon Bleu						
Vegetable	Brussel Sprout Hash	Glazed Carrots	Sauerkraut	Stewed Summer Squash	Sesame Sugar Snap Peas	Parmesan Tomatoes	Broccoli & Cheddar Casserole
Vegetable	Green Bean Casserole	Steamed Broccoli	Cole Slaw	Grilled Asparagus	Edamame	Artichoke and Kale Casserole	Fried Okra
Vegetable	Steamed Carrots	Braised Cabbage w/ Bacon	Stir Fry Vegetable Medley	Sauteed Spinach w/ Shallots	Hoisin Carrots	Garlic Green Beans w/ Blistered Tomato	Roasted Mushrooms and Zucchini
Starch	Mashed Yukon Gold Potato	Rice Pilaf	Jasmine Rice	Candied Sweet Potato Casserole	Sushi Rice	Chefs Choice Pasta	Tuscan Bean & Sausage
Starch	Smoked Gouda Mac and Cheese	Cheddar Cheese Bread Pudding	Roasted Potato Hash	Loaded Mashed Potatoes	Lo Mein Noodles	Roasted Baby Potatoes	Warm Potato Salad
Soup	Broccoli Cheese	Corn Chowder	Thai Tom Kha Gai	White Bean and Ham	Asian Garden Soup	Shrimp Bisque	Cream of Celery

Items Below Only Available at Lunch Time

Lunch Salad/Cold		Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo
Lunch Sandwich		Gyro on Pita	Gyro on Pita	Gyro on Pita	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese
Lunch Grill Special		Spaghetti and Meatballs	Spaghetti and Meatballs	Spaghetti and Meatballs	Chicken Parmigiana Sandwich	Chicken Parmigiana Sandwich	

Bistro Special September 20-24: Shrimp Quesadilla

Menu – Sunday, September 26 – Saturday, October 2

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	26-Sept	27-Sept	28-Sept	29-Sept	30-Sept	1-Oct	2-Oct
Entrée 1	Roasted Turkey	Moroccan Chicken	Roast Beef & Gravy	Chicken Parmigiana	Asian Orange Chicken Tenders	Mojo Marinated Chicken Thigh	Beef Stroganoff
Entrée 2	Grilled Ham Steak	Liver and Onions	Veggie Quiche	Whole Wheat Penne & Tukey Bolognese	Coconut Tofu Stir fry	Fish and Chips	Manicotti w/ Pesto Alfredo Sauce
Brunch ONLY Entrée 3	Linguine and Clam Sauce	/	/	/	/	/	/
Vegetable	Carrots & Cauliflower	Stir Fry Veggies	Garlic Spinach	Peas w/ Ham	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	Green Bean Casserole	Green Beans and Cherry Tomato	Cauliflower au Gratin	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Okra and Tomatoes
Vegetable	Creamed Spinach	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Buttered Corn Kernels	Oven Roasted Carrots
Starch	Mashed Potato	Brown Rice	Bowtie Pasta	Polenta	Sesame Rice	Buttered Corn Kernels	Parslied New Potato
Starch	Stuffing	Roasted Potato	Mashed Potato	Potato Casserole	Stir Fried Rice	Cuban Black Bean	Red Beans and Rice
Soup	Vegetable Beef	Chicken and Rice	Key West Black Bean	Navy Bean	Thai Coconut Tomato	Baked Sweet Potato	Hungarian Mushroom

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl
Lunch Sandwich	/	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special	/	Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	/

Bistro Special September 27 – Oct.1: Pork Eggrolls w/ Sweet & Sour Sauce

ATTENTION – On Wednesday, Sep 29 and Thursday, Sep 30, lunch will be TAKE-OUT ONLY, due to the COVID Booster Shot in the RR Lounge & Main Dining Room.

Labor Day, Monday, Sep 6

We will serve lunch only.
No dinner service in observance
of the Holiday.

Teaching Kitchen: Mushrooms.

Tuesday, Sep 14, 3pm

Please check with the Dining
Room to sign up.

ATTENTION:

On Wednesday, Sep 29 and
Thursday, Sep 30, Lunch will be
TAKE-OUT ONLY due to the
COVID Booster Shot.

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

Super Food of the Month: MUSHROOM

The Many Marvels of Mushrooms

There are many varieties of mushrooms, the most common of which are white button, with a mild flavor, and brown cremini (also known as baby bellas), with a deeper, earthier flavor. Both types of mushrooms take about three months to grow before they're harvested by hand. Portabella mushrooms are grown like white and brown mushrooms and are a more mature version of brown cremini mushrooms due to their longer growing period. Portabellas are known for their meat like texture and flavor and are often used as a vegetarian substitute for burgers.

Specialty mushrooms like oyster, shiitake, maitake (also known as hen-of-the-woods), and enoki take longer to grow and require more hands-on involvement, which accounts for their higher price tag. They range in flavor from delicate and light to rich, meaty, and woody.

While we often encourage people to eat brightly colored fruits and vegetables, we can't discount the nutritional benefits of mushrooms. They're low in calories, and one serving of mushrooms is a good-to-excellent source of selenium, potassium, and the B vitamins riboflavin, niacin, and pantothenic acid. Mushrooms exposed to ultraviolet light are also an excellent source of vitamin D.

Mushrooms are versatile in the kitchen and can be enjoyed raw in salads or cooked and added to stir-fries, pasta, sauces, pizza, omelets, and numerous other dishes. Because of their rich, umami flavor, mushrooms are the perfect food to blend with meat to make burgers, meatloaf, and meatballs, which can be an effective way to reduce calorie and fat intake while still feeling satiated.

QUINOA PILAF WITH MUSHROOMS AND CARAMELIZED ONIONS

Total time: 35 minutes

This easy quinoa pilaf is the perfect side dish and lower carb alternative to rice.

INGREDIENTS:

- 1 cup quinoa
- 2 cups chicken or vegetable broth
- 2 tbs. extra virgin olive oil
- 1 small onion, diced
- 1 cup mushrooms, roughly chopped
- 2 cloves garlic, minced
- 1/3 cup pine nus, toasted
- 2 tbs. parsley, chopped
- Salt and pepper to taste

INSTRUCTIONS:

1. In a saucepan, heat the broth and quinoa on medium heat. Bring to a boil, and then lower the heat to a simmer, cover, and cook for about 15 minutes until the broth is absorbed and the quinoa is cooked.
2. While the quinoa is cooking, heat the olive oil in a sauté pan on medium high heat. Add the onions and mushrooms and cook for about 5 minutes. Lower the heat to medium heat and add the garlic. Cook for another 30 seconds or so and pour the mixture into a bowl.
3. In a large bowl, add the cooked quinoa and mushroom and onion mixture. Toss to combine. Stir in the toasted pine nuts and parsley. Add salt and pepper to taste, if needed. Serve.

YIELDS: 6

NUTRITION INFORMATION:

Amount Per Serving: Calories: 192. Total Fat: 11g. Saturated Fat: 2g. Trans Fat: 0g. Unsaturated Fat: 8g. Cholesterol: 42mg. Sodium: 196mg. Carbohydrates: 10g. Fiber: 2g. Sugar: 2g. Protein: 13g.