

Low-Glycemic Quinoa Risotto with Arugula and Parmesan

A blood sugar-friendly twist on classic risotto using protein-rich quinoa, peppery arugula, and earthy mushrooms for a satisfying, nutrient-dense meal.

Prep: 10 min

Cook: 19 min

Total: 29 min

Servings: 6

GL 3.7 / GI 32

Ingredients

Extra virgin preferred for antioxidants olive oil

About 1/2 medium onion yellow onion, chopped

Fresh garlic supports insulin sensitivity garlic clove, minced

GI: 53 - Low glycemic, complete protein source quinoa, well rinsed

Choose low-sodium to control blood pressure low-sodium vegetable stock

Virtually zero glycemic impact, rich in nitrates arugula, chopped and stemmed

Shredded form has lower GI than chunks small carrot, peeled and finely shredded

Contains beta-glucans that support blood sugar regulation fresh shiitake mushrooms, thinly sliced

Protein and fat slow glucose absorption grated Parmesan cheese

Adjust to taste salt

Fresh ground for best flavor freshly ground black pepper

Instructions

Step 1

Heat the olive oil in a large, heavy-bottomed saucepan over medium heat. Once shimmering, add the chopped onion and cook, stirring occasionally, until softened and translucent, approximately 4 minutes. The onion should not brown.

Step 2

Add the minced garlic and rinsed quinoa to the pan. Stir continuously for about 1 minute, toasting the quinoa lightly and allowing the garlic to become fragrant. Be careful not to let the garlic burn, as this creates bitterness.

Step 3

Pour in the vegetable stock and increase heat to bring the mixture to a rolling boil. Once boiling, reduce the heat to low and maintain a gentle simmer.

Step 4

Allow the quinoa to simmer uncovered for approximately 12 minutes, stirring occasionally. The quinoa should be almost tender with a slight firmness remaining in the center, and the mixture will still appear quite brothy at this stage.

Step 5

Stir in the chopped arugula, shredded carrot, and sliced shiitake mushrooms. Continue simmering for an additional 2 minutes until the quinoa grains become translucent and the vegetables are just tender. The arugula will wilt significantly.

Step 6

Remove the pan from heat and stir in the grated Parmesan cheese until melted and well incorporated. Season with salt and freshly ground black pepper to taste.

Step 7

Serve immediately while hot, garnished with additional Parmesan if desired. For optimal blood sugar management, pair with a protein source like grilled chicken or white fish, and consider eating a small green salad first to further moderate glucose response.
