

# 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

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# Instructions

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## 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.