

HERBED QUINOA STUFFING

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 12 (serving= 1/2 cup)

Nutrition (per serving)

Calories: 150

Total Carbohydrate: 20 g

Total Fat: 5 g

Dietary Fiber: 3 g

Saturated Fat: 0.5 g

Protein: 7 g

Sodium: 244 mg

Ingredients

- 3 cups water
- 1 ½ cups uncooked quinoa
- 1 Tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 16 ounce container mushrooms, wiped cleaned and roughly chopped
- 6 cups kale leaves, stems removed, roughly chopped
- 2 teaspoons minced garlic (about 4 cloves)
- ¼ cup walnuts, chopped
- 2 Tablespoons fresh sage, chopped
- 2 Tablespoons fresh thyme, chopped
- 1 teaspoon salt
- 1/3 cup grated Parmesan cheese



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Directions

1. Add quinoa and 3 cups water to a medium saucepan. Bring to boil, then simmer on medium-low for 10-12 minutes or until all liquid is soaked up.
2. Place large skillet on medium-high heat, add oil, onions, mushrooms and kale. Put lid on and cook for 7-10 minutes (mushrooms should be semi-soft and kale wilted). Add garlic, walnuts, sage, thyme and salt. Stir to combine.
3. In a large bowl, combine quinoa with skillet ingredients and stir well.
4. Once plated, top with ½ Tablespoon of parmesan cheese.



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