

Savory Wild Rice Stuffed Onions

Ingredients:

6 large Vidalia onions
 1 cup mushrooms, chopped
 3 cloves garlic, minced
 1 apple, medium, peeled, cored, chopped
 2 tbsp. fresh parsley, minced
 2 tbsp. fresh marjoram, minced
 1 tsp. lemon juice
 ¼ tsp. paprika
 ¼ tsp. salt
 ⅛ tsp. pepper
 1 cup wild rice
 16 oz. vegetable stock



*VEGAN



*GLUTEN-FREE



*SOY FREE

Nutrition Facts

Serving Size 2 onions (590g)
 Servings Per Container 3

Amount Per Serving

Calories 220 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 50g **17%**

Dietary Fiber 9g **36%**

Sugars 19g

Protein 17g

Vitamin A 8% • Vitamin C 50%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 400 degrees.
2. Cut ¼ inch off both ends of the onion and peel off dry layers.
3. Bake onions, root end down in baking dish for 30-45 minutes or until golden brown.
4. Let cool and hollow out each onion from top, leaving ½ inch shell (outer most 2-4 layers).
5. Chop 1 cup of reserved onion and sauté with mushrooms in a medium hot pan for 3 minutes.
6. Add garlic, apple and sauté for 3 minutes.
7. Add parsley, marjoram, lemon juice, paprika, salt and pepper, combine the sautéed mixture with the cooked rice.
8. Fill each onion shell with rice mixture. Pour enough stock to cover bottom of onions (about ½ inch). Bake for 20 minutes, basting the stuffed onions with stock occasionally.