

Quinoa Stuffing

Ingredients:

- 2 cups tri-color quinoa or variety of choice
- 4 cups vegetable broth
- 6 cups finely diced butternut squash
- 2 cups garbanzo beans
- 1 large shallot diced
- 3 garlic cloves minced
- 2 tbsp olive oil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 2 teaspoons dried sage
- 1 teaspoon ground cinnamon
- 1 teaspoon chili flakes optional
- 1 teaspoon salt & pepper
- 1/2 cup chopped pecans
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh rosemary chopped
- 1 tablespoon fresh thyme chopped

Optional add-ins:

- 1/2 cup dried cranberries
- 1-2 finely chopped apples



Photo Credit: simplyquinoa.com

10 Servings

Instructions:

1. Add quinoa and broth to a large pot. Bring to a boil, cover and reduce to simmer for 10 - 15 minutes until all the broth has been absorbed. Remove from heat, fluff with a fork and allow to cool while you prepare the remaining ingredients.
2. While the quinoa is cooking, preheat the oven to 400°F.
3. Toss your diced squash, garbanzo beans, shallot, and garlic in a large bowl. Add spices, salt and pepper, then drizzle with oil and toss to combine. Transfer to a baking sheet and roast for 15 - 20 minutes, flipping half way through.
4. Assemble stuffing by combining cooked quinoa, squash mix, and pecans in a large mixing bowl. Stir together and add apple cider vinegar, rosemary and thyme. Toss to combine.
5. Taste and adjust seasonings as needed. Serve and enjoy!

Nutrition Facts

10 servings per container
Serving size 0.5 cup (261g)

Amount Per Serving
Calories 290

% Daily Value*

Total Fat 10g	13%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 44g	16%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.9mg	20%
Potassium 630mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.