

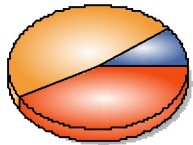
Quinoa Stuffing With Butternut Squash, Cranberries, and Toasted Pecans

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Recipe grams: 2262.17g/79.8oz

Serves 19.91 113.63g/4.0oz per serving

Prep time: 15 min. Cook time: 45 min.



Protein: 11%
Carbohydrates: 47%
Fat: 42%

INGREDIENTS

2 cup RED QUINOA
1/8 tsp SALT
2 tbsp OLIVE OIL, EXTRA VIRGIN
1 1/2 cup BUTTERNUT SQUASH, diced
3 clove GARLIC
1 medium ONION, finely chopped
8 oz CELERY, diced
1/2 tsp GROUND BLACK PEPPER
2 tbsp FRESH THYME LEAVES
3/4 cup PECANS, toasted and coarsely chopped
1/3 cup DRIED CRANBERRIES
5 cup LOW SODIUM VEGETABLE BROTH

DIRECTIONS

1. Bring quinoa, vegetable stock, and salt to a boil. Cover and reduce heat to simmer. Cook 25 to 30 minutes, or until quinoa is tender and vegetable stock is absorbed.
2. Heat 1 T of oil over medium-high heat in a large skillet. Sauté squash, stirring often, until tender and lightly browned, 15 to 20 minutes. Transfer to a bowl. Turn heat down to medium and add remaining oil, garlic, onion, and celery. Cook until the onion begins to soften, about 3 minutes, and then add sage, thyme, and pepper. Cook, stirring often, for 3 to 6 minutes, until the onion is completely tender and the celery is just tender. Transfer to the bowl with the squash.
3. Add the quinoa and the remaining ingredients, and stir together. Adjust salt and pepper, to taste.
4. Preheat oven to 325° F.
5. Line a baking dish with aluminum foil, and grease with oil. Add squash and quinoa mix to the dish, and cover with foil. Bake 20 to 30 minutes, until top gets crispy. Serve.



NUTRIENT ANALYSIS

| INGREDIENT | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FIBER(g) | FAT(g) | SAT FAT(g) |
|----------------------------|-------------|-------------|------------|------------|-----------|------------|------------|
| RED QUINOA | 340 | 1251 | 48 | 218 | 24 | 21 | 2 |
| SALT | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| OLIVE OIL, EXTRA VIRGIN | 28 | 240 | 0 | 0 | 0 | 28 | 4 |
| BUTTERNUT SQUASH | 210 | 95 | 2 | 25 | 4 | 0 | 0 |
| GARLIC | 9 | 13 | 1 | 3 | 0 | 0 | 0 |
| ONION | 110 | 44 | 1 | 10 | 2 | 0 | 0 |
| CELERY | 227 | 36 | 2 | 7 | 4 | 0 | 0 |
| GROUND BALCK PEPPER | 1 | 3 | 0 | 1 | 0 | 0 | 0 |
| FRESH THYME LEAVES | 5 | 5 | 0 | 1 | 1 | 0 | 0 |
| PECANS | 82 | 565 | 7 | 11 | 8 | 59 | 5 |
| DRIED CRANBERRIES | 40 | 119 | 0 | 28 | 2 | 1 | 0 |
| LOW SODIUM VEGETABLE BROTH | 1210 | 50 | 3 | 15 | 0 | 0 | 0 |
| TOTALS | 2262 | 2421 | 64 | 319 | 44 | 109 | 12 |
| PER SERVING | 114 | 122 | 3 | 16 | 2 | 5 | 1 |

| | CHOL(mg) | SODIUM(mg) |
|----------------------------|----------|-------------|
| RED QUINOA | 0 | 17 |
| SALT | 0 | 295 |
| OLIVE OIL, EXTRA VIRGIN | 0 | 0 |
| BUTTERNUT SQUASH | 0 | 8 |
| GARLIC | 0 | 2 |
| ONION | 0 | 4 |
| CELERY | 0 | 181 |
| GROUND BALCK PEPPER | 0 | 0 |
| FRESH THYME LEAVES | 0 | 0 |
| PECANS | 0 | 0 |
| DRIED CRANBERRIES | 0 | 3 |
| LOW SODIUM VEGETABLE BROTH | 0 | 1450 |
| TOTALS | 0 | 1961 |
| PER SERVING | 0 | 99 |