

# VEGGIE QUINOA *Stuffing*

*Makes enough for 8-10 servings as a side dish*

*This recipe can easily be doubled to serve more family & friends. It also makes an excellent option for meal prep even when it's not the holidays! Since it is already well balanced with non-starchy veggies, carbs, and healthy fats... top it with a protein and you're ready to go!*

## INGREDIENTS

- 2 cups cooked quinoa \*tricolor quinoa looks prettiest
- 1 sweet yellow onion or 3 shallots, chopped/diced
- 4-5 cups shredded brussels sprouts
- 2 green apples, peeled and diced
- 1/3 to 1/2 cup to raisins or currants
- 1/3 to 1/2 cup chopped walnuts \*best toasted!
- 1-2 tbsp maple syrup
- 1/2 tsp cinnamon
- Herbamare seasoning and sea salt to taste



## DIRECTIONS

- Cook your quinoa. TIP: You can do this the day before! OR buy a couple of bags of the pre-cooked frozen quinoa from Whole Foods (365 Brand) that you just pop in the microwave for 5 min...
- Sautee onion or shallot in 1 tbs olive oil until translucent and tender. About 5 minutes. Mix in cinnamon as you are sauteing the onion.
- Add brussels sprouts and sautee 5-7 minutes more.
- Add apple and raisins. Sautee another 5-7 minutes or until everything is nice and tender.
- Add and mix in the cooked quinoa, walnuts, and maple syrup at the end.

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