



QUINOA & APPLE STUFFING

(recipe from [Hot For Food](#))

PREP: 10 mins **COOK:** 20 mins **TOTAL:** 30 mins **SERVINGS:** 6-8

INGREDIENTS:

- ▷ **1 c.** quinoa
- ▷ **1/4 tsp.** sea salt + **1/4 tsp.** sea salt
- ▷ **1 1/2 c.** + **1/2 c.** low-sodium vegetable stock
- ▷ **1** diced apple
- ▷ **1 tsp.** fresh thyme
- ▷ **2 tbsp.** + **1 tbsp.** olive oil
- ▷ **1 c.** finely chopped leek
- ▷ **3/4 c.** finely chopped celery
- ▷ **1** finely chopped shallot
- ▷ **2** garlic cloves, minced
- ▷ **1 tbsp.** finely chopped sage
- ▷ **1 tsp.** finely chopped rosemary
- ▷ **1/2 tsp.** nutmeg
- ▷ **1/4 tsp.** ground black pepper
- ▷ **1/2 c.** dried cranberries
- ▷ **1/3 c.** finely chopped parsley

TIP

You can make this dish ahead of time and then reheat in the oven before serving.



DIRECTIONS:

1. Rinse the quinoa in a sieve under water for approximately 30 seconds and drain thoroughly. Add it to a pot with the low-sodium vegetable stock and sea salt, and bring to a boil.
2. Once boiling, stir in the diced apple and cover with a lid. Reduce the heat to low and cook for 10 minutes. Once all the water is absorbed, remove the pot from the heat and stir in fresh thyme and 2 tablespoons of olive oil.
3. While the quinoa is cooking, you can create the other component to the stuffing. Heat 1 tablespoon of olive oil in a pan over medium heat and sauté the leek, celery, and shallot for 4 minutes until soft.
4. Add in the garlic, sage, rosemary, nutmeg, sea salt, and ground black pepper, and cook for 2 minutes. You may need to reduce the heat to medium-low so you don't burn the garlic. Then add in a 1/2 cup of low-sodium vegetable stock and simmer, stirring occasionally for 5 minutes.
5. Add in dried cranberries and parsley and cook for another 2 minutes. Mix this into the quinoa and apple component and serve warm.