Quinoa Stuffing

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 2 teaspoons vegetable bouillon
- 1/2 cup yellow onion, diced

- 1 rib celery, diced
- 2 tablespoons olive oil
- 1/2 cup chopped pecans
- 1/4 cup chopped dates

Directions

- 1. Add guinoa, water, and vegetable bouillon to a rice cooker. Stir to combine.
- 2. Place on white rice setting and allow to cook. Meanwhile, heat olive oil in a pan over medium heat. Add onion and celery, cooking until the onion is translucent. Remove from heat.
- 3. In a medium bowl, combine cooked quinoa, onion, celery, pecans, and dates. Toss to combine and serve.

Nutrition Facts

Serving Size 1/2 cup (218g) Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 160

	% Daily Value*
Total Fat 18g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 6g	
B 6 1 4	

Protein 4g

Vitamin A 0%	 Vitamin C 4%
Calcium 4%	• Iron 8%

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

depending on your calorie needs:

	Calories:	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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Source: stayinghealthy.org

Fat 9 • Carbohydrate 4 • Protein 4

