

Dr. Laleh's Grain-Free Turkey Stuffing

Ingredients

Amount

Rainbow quinoa	1 C
Red Onion	1 large
Fresh garlic	3-4 cloves
Fresh Fennel bulb*	1 C thinly sliced
Pecans	1 C chopped
Thyme	1 TBS
Rosemary	1 TBS
Sea salt	1 teaspoon
Black pepper	1 teaspoon
Olive oil	1 TBS

*Celery may be used instead

Preparation:

- Rinse and soak quinoa in water for 20 minutes OR overnight.
- Drain the water and add 2 C fresh water, cook on stovetop until soft and water is completely evaporated. Remove from heat and set aside.
- Wash and chop Onions, Garlic, Fennel into small pieces.
- Pre-heat a large pan on medium high.
- Once the pan is heated, add olive oil and sautee onions, garlic in oil until golden brown.
- Add sliced fennel and mix into the onion/ garlic mixture.
- Add spices and herbs, mix and cover- lower heat to medium.
- Add water as needed. Mix periodically.
- When you are ready to stuff the turkey, add quinoa to the onion mix.
- Add chopped pecans last.
- Stuff the turkey and cook as usual.

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 89

% Daily Value *

Total Fat 4 g	6 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 204 mg	9 %
Potassium 47 mg	1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 2 g	7 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	3 %
Iron	10 %