

## **Holiday Quinoa Mushroom Stuffing**

**Mahaila McKellar**

**Yield: 8 servings**

### **Ingredients:**

One 8-cup baking dish, with lid (preferably glass or ceramic)

Ghee or Avocado Oil to grease the dish

$\frac{3}{4}$  cup organic Quinoa, uncooked, rinsed

1  $\frac{1}{2}$  cups filtered Water

1  $\frac{1}{2}$  teaspoon fresh organic Sage

1 teaspoon each fresh organic Thyme and fresh organic Parsley

$\frac{1}{2}$  teaspoon fresh organic Rosemary

$\frac{3}{4}$  teaspoon fresh organic Oregano

Seeds from one organic Cardamom Pod

$\frac{3}{4}$  teaspoon Sea Salt

$\frac{1}{4}$  teaspoon organic ground Black Pepper

3 cups sliced fresh organic Mushrooms (about 15 large White or Crimini Mushrooms)

1 tablespoon Ghee or Avocado Oil

2 cups chopped organic Yellow Onion. (one large onion)

1 tablespoon minced organic Garlic (about 2 large cloves)

1  $\frac{2}{3}$  cup cored and diced organic Granny Smith Apple (one large apple)

3 tablespoons organic Pine Nuts

4 tablespoons organic Currants

6 tablespoons organic Chicken or Vegetable Stock, heated

### **Directions:**

1. Preheat oven to 350°F. Use ghee or avocado oil to lightly grease the baking dish.

2. Cook quinoa according to the box directions in a medium sized pot, using  $\frac{3}{4}$  cup quinoa and

1  $\frac{1}{2}$  cups water. Set aside.

3. Mix together the fresh herbs, crushed cardamom seeds, salt, and pepper. If you have a mortar and pestle, it's a great way to do it. Or, you can mince the herbs with a knife or kitchen scissors, crush the cardamom seeds with a kitchen mallet, the bottom of a measuring cup, or other blunt kitchen utensil, and then mix the minced herbs and crushed cardamom seeds with the salt and pepper.

4. Heat the ghee or avocado oil on the stove in a large pan. Sauté mushrooms until just starting to brown. (They will finish cooking in the oven.) Take the pan off the heat and stir in the herb mixture. Mix it well to evenly distribute the herbs.

5. In a large bowl, stir together the mushrooms, onion, apple, garlic, pine nuts, currants, and cooked quinoa. Stir until well-mixed. Heat the stock if you haven't already done so.
6. Put the stuffing into your greased baking dish. Drizzle with the hot stock.
7. Cover and bake until heated through, about 30 minutes.

*Notes:*

Make it ahead of time:

This dish can be made a day or two ahead of time, cooled completely at room temperature, covered and refrigerated. On the day of your big dinner, bring it out of the refrigerator an hour or so before you want to reheat it, then put it in a preheated 350°F oven for a few minutes.

Alternate cooking method, same ingredients:

In the method above, mixing the herbs ahead of time will more evenly distribute their flavors throughout the dish, and sauteing the mushrooms gives the stuffing a slightly more umami flavor. However, the following method can be used when you have less time to prep.

1. Preheat oven to 350°F. Use ghee or avocado oil to lightly grease the baking dish.
2. Cook quinoa according to directions in a medium sized pot, using 3/4 cup quinoa and 1 1/2 cups water. Set aside.
3. Skip
4. Skip
5. In a large bowl, stir together the (uncooked) mushrooms, onion, apple, garlic, fresh minced herbs, crushed cardamom seeds, salt, pepper, pine nuts, currants, and cooked quinoa.
6. Put the stuffing into your greased baking dish. Drizzle with the hot stock.
7. Cover and bake until heated through, about 30 minutes.

Herbs and cardamom seeds alternative:

If you don't have all or any of the fresh herbs, you can use dried ground herbs in their place—measure out just 1/3 the amount. (For example, instead of 1 1/2 teaspoons of fresh sage you would use 1/2 teaspoon of dried ground sage.) And in place of the cardamom seeds you can use just a pinch of ground cardamom powder.

Vegetarian or Vegan?

To make this a vegetarian dish, use vegetable stock instead of chicken stock.

To make this a vegan dish:

1. Use vegetable stock instead of chicken stock
2. Use avocado oil instead of ghee.

