

Butternut Squash and Kale Quinoa Stuffing

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-stuffing-recipe-for-thanksgiving>

Ingredients:

- 1 1/2 cups quinoa I like a mixture of red and white quinoa for color
- 1 bay leaf
- 1 butternut squash medium, peeled and cut into 1/2 inch cubes
- 1 tablespoon coconut oil melted
- 1 tablespoon organic cane sugar
- 1 tablespoon olive oil
- 2 celery ribs, diced
- 2 leeks medium, washed and chopped
- 1 teaspoon garlic fresh, minced
- 3 ounces curly kale chopped
- 1 cup dried cranberries
- 1/4 cup fresh parsley chopped
- 2 teaspoons fresh sage or thyme, finely chopped
- salt
- pepper
- 1/3 cup chopped walnuts optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 52 grams
3. Fat: 12 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 3 grams
7. Sodium: 170 milligrams
8. Sugar: 10 grams

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