

Indian-Spiced Lentil and Quinoa Stuffing

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-of-quinoa>

Ingredients:

- 1 cup quinoa tri-color, or quinoa of choice
- 1 cup French lentils or lentils of choice
- 1 parsnip large, peeled, chopped, and steamed
- 2 teaspoons fresh ginger peeled and grated
- 1 teaspoon sea salt to taste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground coriander
- 1 pinch nutmeg
- 1 pinch cardamom optional
- 1 tablespoon pure maple syrup
- 1 cup golden raisins
- 1/3 cup pine nuts toasted
- 1/4 cup fresh parsley chopped

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 71 grams
3. Fat: 9 grams
4. Fiber: 17 grams
5. Protein: 17 grams
6. SaturatedFat: 1 grams
7. Sodium: 480 milligrams
8. Sugar: 18 grams

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