

Mushroom Fennel Quinoa Stuffing

Yield: 7 min
Total Time: 30 min

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

Ingredients:

- 1 cup quinoa uncooked, rinsed well
- 1 1/2 cups low sodium chicken broth vegetarians use veggie broth
- 1 tablespoon olive oil
- 1 onion small, diced
- 3/4 cup fennel diced
- 1/2 cup celery diced
- 1/2 cup carrots diced
- 8 ounces fresh mushrooms sliced
- salt
- pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Fat: 4 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 150 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Mushroom Fennel Quinoa Stuffing above. You can see more 19 quinoa recipe for thanksgiving Taste the magic today! to get more great cooking ideas.