



Quinoa Stuffed Grape Leaves

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

213.1 calories, 29.18 g carbohydrate, 3.46 g fiber, 25.72 g NET carbs, 7.5 g protein, 8.47 g fat

Ingredients

- 2 clove(s) organic garlic, minced
- 1/2 medium(s) organic onion, finely chopped
- 1 cup organic quinoa
- 2 cup(s) spring or filtered water
- 1/8 tsp(s) sea salt
- 2 Tbsp(s) organic lemon juice
- 1/4 cup(s) organic raisins
- 24 leaves(s) grape leaves, rinsed and drained
- 1/2 tsp(s) organic sesame oil
- 1/2 cup(s) raw organic sunflower seeds
- 1/2 tsp(s) organic dried oregano

Preparation

1. Heat a safe nonstick skillet over medium heat. Add sunflower seeds and dry roast, stirring until golden brown (about 5 minutes). Set aside in a small bowl.
2. Coat the skillet with sesame oil. Add onion, garlic, and salt. Sauté, stirring frequently until softened, about 5 minutes. Set aside.
3. Bring water to a boil in a medium saucepan. Add roasted sunflower seeds, sautéed onion mixture, quinoa, raisins and oregano. Reduce heat and let simmer 10 minutes or until all liquid is absorbed. Cover saucepan and set aside.
4. Preheat oven to 300 F.
5. Now stuff the leaves. Spread each leaf out, vein side down. Spoon 1 tablespoon of mixture into center of each leaf. Fold up bottom of leaf to cover filling, then fold in sides and roll up like a burrito to seal. Follow this process until all leaves are stuffed.
6. Place stuffed leaves in a lightly-oiled casserole dish; drizzle with lemon juice; cover and bake for 20 minutes.
7. Serve cool or warm.

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