



**Eat Right
Be Fit
Live Well**

Kale-Quinoa Stuffing

Yield: 16 "muffins"

Ingredients

2 tablespoons extra-virgin olive oil, plus more for tins
3 1/2 cups low-sodium vegetable or chicken broth or water
2 cups red quinoa, rinsed
2 tablespoons unsalted butter
12 ounces assorted mushrooms (such as cremini, shiitake and oyster), stems removed, sliced (about 5 cups)
Salt
1 large onion, chopped
2 large ribs celery, chopped
6 small cloves garlic, minced or 1 heaping tbsp. of jarred, chopped garlic
1/2 teaspoon freshly ground black pepper
7 ounces kale, ribs removed and leaves thinly chopped
4 large eggs, lightly beaten
1 cup crumbled feta
1/4 cup chopped fresh parsley
1 -2 tablespoons of Italian spices
1/2 cup chopped pecans or other nut of choice. I love pistachios!

Preparation

1. Place racks in upper and lower thirds of oven; preheat to 375°F. Coat 16 cups of two 12-cup nonstick muffin tins with oil or use cupcake liners.
2. In a pan, bring broth to a boil. Stir in quinoa, reduce heat, cover and simmer until liquid has absorbed, 12 to 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Transfer to a large bowl.
3. In a large, deep skillet, melt butter with 1 Tbsp. oil over medium-high heat. Stir in half of mushrooms and 1/2 tsp. salt; sauté until golden, about 8 minutes. Transfer to bowl with quinoa. In same skillet, warm 1 tsp. oil. Sauté onion, celery, garlic, herbs and pepper over medium heat until softened, about 8 minutes. Add kale by the handful and cook, stirring, until just wilted, about 5 minutes. Season with salt to taste. Add to bowl; stir in eggs, cheese and parsley. Spoon into muffin tins, pressing in and mounding on top. Press in nuts.
4. Bake, switching pans halfway through, until heated through, about 25 minutes. Let cool slightly. Remove from tins; serve. Top with guacamole for added flavor!

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