

## Quinoa Cranberry Stuffing



### Ingredients:

- 1 cup Red Quinoa, cooked according to package directions
- 1 cup White Quinoa, cooked according to package directions
- 1 Vidalia sweet onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon avocado or light olive oil
- 2/3 cup chopped walnuts (optional)
- 1/2 cup dried cranberries
- 2 tablespoon apple cider vinegar
- 1 tablespoon fresh parsley, finely chopped or 1/2 tablespoon dried

### Directions:

1. Heat oil in a pan over medium heat. Add onions and garlic to oil. Stir until onions and garlic are soft.
2. Place onions and garlic in a medium sized bowl. Add quinoa, cranberries and walnuts.
3. In a small bowl, mix the vinegar and parsley. Pour this mixture over the quinoa mixture and stir to combine all ingredients.
4. May be served at room temperature or chilled.

Makes 6 servings



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