

## Quinoa-Stuffed Onions (GF, CF)

### Ingredients:

- 6 medium onions; peeled
- ½ cup Quinoa; uncooked
- 1 cup water
- ¼ tsp sea salt
- 2 cloves garlic; minced
- ½ cup mushrooms; sliced
- ½ cup celery; sliced
- 2 Tbsp olive oil
- ½ cup chickpeas; cooked (optional)
- 1 cup walnuts or almonds; roasted
- 2 tsp tamari (wheat free)

### Directions:

Hollow out insides of onions with an apple corer, leaving bottoms intact and reserving insides. Steam hollowed-out onions until tender, reserving ¾ cup of cooking liquid. Rinse and drain quinoa. Bring one cup water and salt to boil. Stir in quinoa and return to a boil. Lower heat, cover and simmer for 15 minutes. Remove from heat and let stand, covered for 10 minutes. Fluff with a fork. Finely chop reserved onions. Sauté chopped onions, garlic, mushrooms and celery in oil for 15 minutes or until soft. Mix in quinoa and chickpeas and heat through (about 5 minutes). Fill onions with quinoa mixture, arranging excess stuffing on serving dish around bottoms of onions. Crush nuts in a food processor blending in tamari to form a creamy mixture. Blend in reserved cooking liquid. Place mixture in a saucepan and heat through, stirring constantly. Pour over stuffed onions and serve.