



## Quinoa, Sweet Potato and Cranberry Stuffing

**Yield: 2 servings**

### Ingredients

7 cups diced sweet potato  
(with peel on)

1 teaspoon olive oil

1 cup diced onion

2 teaspoons minced garlic

1 teaspoon ground cumin

1 teaspoon dried thyme

1 teaspoon ground black pepper

2 cups vegetable stock

1 cup uncooked quinoa

½ cup dried cranberries

½ cup chopped toasted pecans

¼ cup minced fresh parsley

1 tablespoon lemon juice

### Instructions

1. Heat oven to 400 degrees. Line a large baking sheet with parchment paper.
2. Place sweet potato on the baking sheet and bake for 30 minutes, until the potatoes are fork tender but not mushy.
3. Meanwhile, in a medium sauce pan, over medium heat, add oil and onion. Sauté until onion softens. Add garlic, cumin, thyme and black pepper. Cook 1 minute.
4. Add to the sauce pan: vegetable stock, quinoa and cranberries. Cover the pan and cook at a simmer, for about 15 to 20 minutes, until all liquid is absorbed.
5. In a large mixing bowl, combine the sweet potatoes with the quinoa mixture and all of the remaining ingredients.

Presented by  
**Culinary Medicine**

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X23052 FY20.11.33.D-11 © Spectrum Health 09.2019

### Nutrition Information **Serving Size: 1½ cups | Total Recipe Yield: 8 cups**

Calories: 430 | Total Fat: 11 g | Saturated Fat: 1.1 g | Monounsaturated Fat: 5.7 g | Polyunsaturated Fat: 3.6 g  
Sodium: 370 mg | Total Carbohydrate: 76 g | Dietary Fiber: 10.5 g | Sugars: 19 g | Protein: 9.6 g

Source: Adapted from Tara Milhem, The Whole Tara.