

METABOLIC NUTRITION PROGRAM

Stuffed Red Onions – 8 Servings

Adapted from Martha Stewart Living

Serving Size: 1 onion

Per Serving: 110 Calories, 1.5 gm Protein, 5.4 gm Fat, 15 gm Carbohydrates

- 8 small-to-medium red onions, unpeeled
- 2 Tbsp olive oil, Kosher salt
- 1 cup chopped cauliflower
- ¼ tsp black pepper
- ¼ tsp red pepper flakes
- ½ cup chopped chanterelle mushrooms
- 1/3 cup grated tart green apple, such as Granny Smith
- ¼ tsp fennel seeds
- ½ cup low-protein bread crumbs (Ener-G brand)
- 1 Tbsp finely chopped fresh flat-leaf parsley
- 1 Tbsp finely chopped fresh sage
- 1 oz Vegan Rella low-protein cheese

Directions

1. Preheat oven to 400°F.
2. Slice off tops and bottoms of onions, leaving at least a 2-inch diameter exposed at the top. Scoop out the inside of each onion about halfway down using a melon baller or spoon. Sprinkle insides with salt.
3. Transfer onion to a baking dish and cover with parchment, then with foil. Bake until just starting to soften, about 1 hour.
4. Meanwhile, in a separate baking dish, sprinkle cauliflower with black pepper and red pepper flakes, and toss with 1 Tbsp oil. Roast 30-40 minutes until cauliflower browns and begins to soften.
5. When cauliflower ready, heat remaining 1 Tbsp oil in a large skillet over medium heat. Add cauliflower, mushrooms, apples and fennel seeds to skillet and cook until mushrooms soften, about 5 minutes.
6. Drain mixture & finely chop. Stir in bread crumbs, parsley & sage. Let cool.
7. Remove onions from oven, unwrap and let cool 15 minutes. Peel and discard skins. Fill onions with about 3 Tbsp stuffing. Sprinkle tops with cheese. Bake again until tops are crisp and brown, about 20 minutes more.

Nutrition Facts	
Serving Size (107g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 2%	• Vitamin C 20%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	