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.
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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 110</th>
<th>Calories from Fat 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>8%</td>
</tr>
<tr>
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<tr>
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<tr>
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*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 per gram
- Fat 9 • Carbohydrate 4 • Protein 4