



## Vidalia Onions Stuffed with Rice-Lentil Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

### Ingredients

- 0.5 cup brown lentils picked over rinsed
- 0.8 cup brown rice uncooked
- 0.3 tsp cinnamon
- 0.1 tsp ground cloves
- 0.5 cup raisins
- 0.5 tsp pepper red to taste
- 0.5 tsp salt to taste
- 4 servings salt and pepper

- 0.3 cup slivered almonds
- 2 tbsp tomato paste
- 4 large onion
- 4 servings water for amount (see instructions )

## Equipment

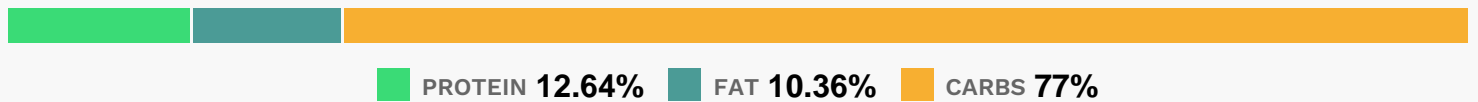
- baking sheet
- sauce pan
- oven
- baking pan
- stove
- rice cooker

## Directions

- Cut about 1/2 inch off the tops and set the trimmed parts aside.
- Put the onions on the baking sheet and give them a very quick spray of olive oil (this helps keep them from burning but isn't essential).
- Sprinkle with a little salt (if using) and grind a little black pepper over them.
- Bake them until tender and slightly caramelized around the edges, about 45 minutes.
- Remove from the oven and allow to cool slightly. Leave oven on, reducing the heat to 350 F. While the onions are baking, prepare the pilaf. Chop whatever is usable of the onion tops into small pieces.
- Heat a heavy saucepan with a tight-fitting top or a rice cooker sprayed lightly with olive oil.
- Add the onions and sauté until tender.
- Add the rice and tomato paste and cook, stirring, for one minute more. If you are using a rice cooker, add 2 3/4 cup water; if you're cooking on the stove, use 2 1/2 cups water.
- Add the spices, lentils, and salt and stir to combine well. Cover, turn the heat to low, and cook for 30 minutes. Turn off or remove from heat. When the onions are cool enough to handle, remove their centers by pushing up from the bottom; be sure to leave a shell at least 2 or 3 layers thick.

- Cut off a bit of the onion center and return it to the onion to seal the bottom.
- Place the onions in a large, covered baking dish that has been lightly oiled. Chop the onion centers and add them, the raisins, and the pine nuts to the rice mixture. Check the rice—it should still have some water in it. If it doesn't, add 1/4 cup water. Spoon the rice mixture into the onions, pressing to pack it in and mounding it slightly over the top.
- Drizzle 1 tablespoon of water over the top of each onion, and put 2 tablespoons of water into the bottom of the baking dish. Cover tightly, and put in the oven. (If you have any rice mixture left over, put it in another covered baking dish and bake it along with the onions.) Check after 20 minutes to see if the rice is tender and not too dry; if it isn't completely cooked, return it to the oven for 5–10 minutes, adding a little hot water if it is too dry.
- Serves 4.

## Nutrition Facts



### Properties

Glycemic Index:50.54, Glycemic Load:25.21, Inflammation Score:-9, Nutrition Score:24.583478264187%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.09mg, Quercetin: 48.09mg, Quercetin: 48.09mg, Quercetin: 48.09mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

### Nutrients (% of daily need)

Calories: 420.18kcal (21.01%), Fat: 5.02g (7.73%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 84.04g (28.01%), Net Carbohydrates: 69.93g (25.43%), Sugar: 18.39g (20.44%), Cholesterol: 0mg (0%), Sodium: 598.29mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Manganese: 2.2mg (110.22%), Fiber: 14.11g (56.44%), Folate: 202.78µg (50.7%), Vitamin B6: 0.81mg (40.38%), Vitamin B1: 0.53mg (35.47%), Magnesium: 140.05mg (35.01%), Phosphorus: 345.28mg (34.53%), Copper: 0.6mg (30.18%), Potassium: 1005.04mg (28.72%),

Iron: 4.34mg (24.1%), Vitamin C: 19.68mg (23.86%), Zinc: 2.63mg (17.54%), Vitamin B3: 3.32mg (16.62%), Vitamin E: 2.36mg (15.74%), Vitamin B2: 0.26mg (15.11%), Vitamin B5: 1.42mg (14.24%), Calcium: 127.77mg (12.78%), Selenium: 4.52µg (6.46%), Vitamin A: 209.45IU (4.19%), Vitamin K: 3.51µg (3.35%)