



Roasted Sweet Onions with Kale and Wild Rice Stuffing

Recipe By JOE LASHER, SR.

SERVES: 4

ONIONS:

- | | |
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| <input type="checkbox"/> 2 large Vidalia onions, <i>peeled and cut in half</i> | <input type="checkbox"/> 1 tbsp. coarse ground black pepper |
| <input type="checkbox"/> 2 tbsp. olive oil | <input type="checkbox"/> 2 tbsp. light brown sugar, <i>divided</i> |
| <input type="checkbox"/> 1 tbsp. kosher salt | <input type="checkbox"/> 4 tsp. butter, <i>divided</i> |

KALE AND WILD RICE STUFFING:

- | | |
|---|---|
| <input type="checkbox"/> 1 cup Uncle Ben's Microwaveable Wild Rice (or similar) | <input type="checkbox"/> 1 tbsp. sage |
| <input type="checkbox"/> 2 tbsp. olive oil | <input type="checkbox"/> 1 tsp. thyme |
| <input type="checkbox"/> ½ cup sliced mushrooms | <input type="checkbox"/> ¼ cup golden raisins |
| <input type="checkbox"/> 1 celery stalk, diced | <input type="checkbox"/> 1 tbsp. parsley |
| <input type="checkbox"/> 8 large kale leaves, <i>sliced, ribs discarded</i> | <input type="checkbox"/> 1 salt and pepper, <i>to taste</i> |

DIRECTIONS:

- ☐ 1. Preheat the grill for high heat (400-450°F).
- ☐ 2. Slice onion in half. Slice "bottom" so the onion will sit flat, then use a small scoop or spoon to hollow out the interior of the onion making an onion "bowl."
- ☐ 3. Lightly coat with olive oil and sprinkle with salt and pepper. Place 1 tsp. of butter in the onion bowl and top with ½ tbsp. of light brown sugar.
- ☐ 4. Wrap tightly in aluminum foil and place directly on the grill and close the lid. Let cook for 20-25 mins.
- ☐ 5. Heat a large skillet over medium heat with 1 tbsp. of olive oil. Cook mushrooms, kale, sage, thyme, parsley, salt, and pepper until kale is wilted and mushrooms are soft.
- ☐ 6. Remove from heat and mix in wild rice and golden raisins.
- ☐ 7. Remove onions from the grill and carefully open foil. Spoon wild rice/kale stuffing into the onions and close foil. Put back on the grill for another 15 minutes.
- ☐ 8. Remove onion from foil, then pour juices from foil over the onion and serve.

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