

Stuffed Onions

Recipe By *Leah Schapira*

Victoria Dwek



Cooking and Prep: 
1.5 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Passover

Diet: Vegan, Gluten Free

Source: Whisk by Ami

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I had fun making these because onions are among the easiest vegetables to stuff. They're also freezer-friendly, so you can prepare this pretty side dish in advance and rewarm it before the meal. The ground almonds in the recipe don't only do a great job of binding the stuffing together: they also taste way better than bread crumbs. The end result is a dainty and flavorful little bite. For a prettier presentation, be sure to select round onions. —Victoria Dwek

Ingredients (11)

Onions

8 small onions

1 tablespoon **Bartenura Olive Oil**

Stuffing

2 tablespoons **Bartenura Olive Oil**

1 large onion, finely diced

- 1 sweet potato, peeled and finely diced
 - 1 zucchini, peeled and finely diced
 - 1 small eggplant, peeled and finely diced
 - pinch coarse **Gefen Black Pepper**
 - 1 teaspoon onion powder
 - 1–2 teaspoons salt
 - 1 cup ground almonds
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Start Cooking

Prepare the Onions

1. Cutting off as little as possible, remove the two ends of each onion; peel onions. Make a slit through one side of each onion to the center, so that each ring is sliced halfway through.
2. In a large saucepan, bring water to boil. Add onions and boil 15 minutes. Strain and let cool.
3. At this point, it should be easy to peel apart each onion layer. Separate onion layers. (You should get 24.)

Prepare the Stuffing

1. Heat oil in a sauté pan over medium-high heat. Add onion and sweet potato; sauté, stirring occasionally, for 12 minutes.
2. Add zucchini and eggplant. Cover, lower heat, and cook, stirring occasionally, until vegetables are soft and cooked through, about 20–30 minutes.
3. Stir in seasoning and almonds. Remove from heat.

Stuff and Bake

1. Preheat oven to 350°F.
2. Place a spoonful of stuffing into each onion layer. Roll up and seal each layer.
- 3.

Place stuffed onions into a baking pan just large enough to hold them. Sprinkle with oil. Cover and bake 20 minutes. Uncover and bake additional 10 minutes.

Note:

To prepare this dish in advance, freeze the onions after stuffing (step 2). Let thaw and bake as instructed when ready to serve.