

Parve Yebra (Stuffed Grapeleaves)

Recipe By *Beth Warren*



Cooking and Prep:  25
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Fat, Low Carb, Sugar Free

Source: Secrets of a Kosher
Girl

Cuisines: Sephardi

Syrian Yebra (meat-stuffed grape leaves) are eaten on Shabbat, and in this recipe Beth offers a unique twist transforming the classic Syrian Yebra into a totally vegan and healthy appetizer, veggies included. [Watch the accompanying video.](#)

Ingredients (17)

Filling

- 2–3 shallots, chopped
- 1 teaspoon plus 1 tablespoon [Gefen Extra-Virgin Olive Oil](#), separated
- 1 cup quinoa

- 2 cups water
- 1 bunch fresh parsley, chopped
- salt, to taste
- pepper, to taste
- dash of cinnamon
- 3–4 tablespoons Ou (see note)
- 1 bunch dried prunes (a small handful)
- 1 bunch dried apricots (a small handful)

Sauce

- 1 cup lemon juice
 - 1/2 cup Gefen Extra-Virgin Olive Oil
 - 8 cloves garlic, crushed or 8 cubes Gefen Frozen Garlic
 - 2 tablespoons salt
 - 2 tablespoons agave syrup
 - 1 handful of mint
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Start Cooking

Prepare the Filling

1. Sauté shallots in olive oil.
2. Separately, cook quinoa in water, boil and simmer until water evaporates.
3. Combine parsley and ou into quinoa and add salt, pepper and cinnamon.
4. Place apricots and prunes in food processor until paste-like consistency. Mix into quinoa with shallots.

Note:

Per the book *Aromas of Aleppo*, “Tamarind is known in Arabic as tamr hindi (literally, “Indian date”), the fruit contained in the hearty pod of the *Tamarindus indica* tree, which is native to tropical Africa. It is a principal component of ou.” Ou is available at some groceries and specialty supermarkets, and may be referred to as, Tamarhindi.

Assemble the Grape Leaves

1. Cut off tips of leaves. Scoop one tablespoon of filling a few inches below the leaves and roll into cigar-like shapes.

Prepare the Sauce

1. Blend the sauce ingredients together in food processor.

To Serve

1. Layer stuffed grape leaves in a glass 7- and 1/4-inch (L) x 6- 5/8-inch (W) square casserole dish. Pour in the sauce. Cover the dish and bake at 350 degrees Fahrenheit for one hour.

Note:

Per serving (Stuffed Grapeleaf): Calories 193.9; Fat 3.4 g (Saturated 0.4 g); Cholesterol 0 mg; Sodium 30.2 mg; Carbohydrate 37.4 g; Fiber 3.3 g; Protein 5.1 g

Per serving (Sauce):

Calories 181.5; Fat 18.7 (Saturated 2.7 g); Cholesterol 0 mg; Sodium 2,327.2 mg; Carbohydrate 4.8 g; Fiber 0.3 g; Protein 0.4 g

The grape leaves count toward your vegetable serving on your plate, and the rice counts toward your starch portion on the plate.