



live life well.



## HOLIDAY TIP OF THE WEEK

### Corn Bread Stuffing



**NUTRITION INFORMATION:** Per serving: 239 calories; 5 g fat (1 g sat, 2 g mono); 23 mg cholesterol; 42 g carbohydrate; 9 g protein; 4 g fiber; 720 mg sodium; 236 mg potassium.

3 Carbohydrate Servings

#### **Recipe:**

2 cups cornmeal, preferably stone-ground  
2 cups all-purpose flour  
2 cups chopped celery (4 large stalks)  
1 tablespoons baking powder  
2 teaspoons salt, plus more to taste  
1 large egg, lightly beaten

2 tablespoons canola oil, divided  
2 cups chopped onions (2 medium)  
1/4 cup chopped fresh parsley  
2 1/2 cups reduced-sodium chicken broth  
2 cups skim or low-fat milk  
Freshly ground pepper to taste

#### **Directions:**

1. Preheat oven to 375°F. Coat an 8-inch square baking dish with nonstick cooking spray.
2. Combine cornmeal, flour, baking powder and 2 teaspoons salt in a large bowl and mix well. Whisk together egg, milk and 1 1/2 tablespoon oil in another large bowl; add to the dry ingredients and stir just until evenly moistened. Turn the batter into the prepared baking dish and bake for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean. Let cool in the pan on a rack. Cut into 1-inch cubes.
3. Heat the remaining 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onions and celery and cook, stirring often, until softened, about 5 minutes. Transfer to a large bowl and add the cubed corn bread and parsley; toss to mix. Slowly add broth, tossing until the corn bread is well moistened. Season with salt and pepper.

**MAKE AHEAD TIP:** Prepare through Step 2 and store in a plastic bag in the freezer for up to 1 month. Thaw before continuing.

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