

Thanksgiving Stuffing with Cranberries

Recipe Courtesy Chef Bryan Woolley

1+1/4 cups low-sodium chicken broth
1 Tbsp unsalted butter
3/4 cup chopped celery
3/4 cup chopped onion
12 slices whole-wheat bread, toasted and cut into cubes
1/4 cup chopped fresh parsley
1/2 tsp tarragon
1/8 teaspoon ground nutmeg
1/2 cup chopped fresh cranberries
1/2 cup sliced water chestnuts
1 cup chopped tart apple

1. Preheat the oven to 350 F. Lightly coat a 2-quart baking dish with cooking spray.
2. Melt the butter in a large non-stick skillet over medium-high heat. Add the celery and onion and sauté until the vegetables are tender, about 5 minutes. Remove from heat.
3. Combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples in a large bowl. Add the onion and celery mixture. Stir to mix evenly. While stirring, add chicken broth to moisten all the bread cubes.
4. Turn stuffing into prepared baking dish. Cover with aluminum foil and bake at 350 degrees for 20 minutes. Uncover and bake another 10 minutes. Serve immediately.
5. Serves 8.

Note: Cooking stuffing inside a chicken or turkey adds fat and calories. If you prefer a moist stuffing, add more chicken broth.

Nutrition Facts

Serving Size: 1/8 recipe

Calories	150
Total Fat	3g
Saturated Fat	1.5g
Cholesterol	5mg
Sodium	220mg
Carbohydrates	24g
Fiber	4g
Protein	7g

[Click to create your online shopping list at](#)

Dan's FRESH
FOODS

Diabetic Exchanges

Protein	1
Carbohydrates	1.5
Fat	1