



WILD MUSHROOM STUFFING

Intermediate Lifestyle

Ingredients

10 cups day-old bread, crusts removed, cubed	2 lbs. chanterelle mushrooms or mixed wild mushrooms, stemmed, cleaned and coarsely chopped
3 cups low-fat milk	1/4 cup chopped Italian parsley
3 TBS extra-virgin olive oil, divided	2 TSP finely chopped fresh thyme
1 turkey liver or 2 chicken livers, diced	1 TSP salt
3 TBS unsalted butter	Freshly ground pepper to taste
8 cloves garlic, minced	2 large eggs, lightly beaten
4 shallots, finely diced	
2 cups finely chopped onions	

Instructions

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Place bread in a large bowl and toss with milk. Let stand, tossing or stirring occasionally, until saturated. Meanwhile, heat 1 TBS oil in a Dutch oven or large straight-sided skillet over medium heat. Add liver and cook, stirring once or twice, until browned, about 2 minutes. Transfer to a large bowl.
3. Add the remaining 2 TBS oil and butter to the pan and heat over medium heat. Add garlic and shallots and cook, stirring often, until softened and fragrant, about 2 minutes. Add onions and cook, stirring often, until softened, about 5 minutes. Add mushrooms and cook, stirring often, until the mushroom have softened and the liquid released has evaporated, 8 to 12 minutes. Add to the bowl with the liver.
4. Drain and squeeze the bread and add to the bowl with the mushroom mixture (discard any remaining milk). Add parsley, thyme, salt and pepper; stir to combine. Taste and adjust seasoning, if necessary. Stir in eggs. Transfer the stuffing to the prepared baking dish.
5. Bake until heated through and golden on top, about 45 minutes.

Portion-Per-Serving Information: (Yields 18-20 servings) = Serving = 1/2 cup = 1 G