



BREAD STUFFING

Intermediate Lifestyle

INGREDIENTS

1 16-oz. loaf French bread, cut into 1-inch cubes
3 TBS reduced-calorie stick margarine
1-1/2 cups chopped celery
3/4 cup chopped onion
1/4 cup water
1/2 TSP Morton's Lite salt
1/2 TSP rubbed sage
1/2 TSP dried thyme
1/4 TSP pepper
1 10-1/2 oz. can low-sodium chicken broth
vegetable cooking spray (such as Canola)

INSTRUCTIONS

—Place bread cubes in a layer on a jelly-roll pan.

—Bake at 350° for 12 minutes or until toasted. Place in a bowl.

—Melt margarine in a saucepan over medium heat. Add celery and onion. Sauté 10 minutes. Remove from heat. Stir in water and next 5 ingredients (water through broth). Add bread cubes, tossing to coat. Spoon into a 2-quart casserole coated with cooking spray. Cover. Bake at 375° for 30 minutes.

SERVING INFO: (Yields 10 servings)

Serving = 1/2 cup = 1 G