



SAVE-THE-DAY STUFFING

Intermediate Lifestyle

INGREDIENTS

6 slices light bread (40-60 calories each)
1 cup chopped onion
1 cup chopped celery
1 cup chopped mushrooms
1 cup fat-free chicken or vegetable broth,
room temperature

1/4 cup fat-free liquid egg substitute (like Egg
Beaters Original)
1 TBS light whipped butter or light buttery spread
2 cloves garlic, finely chopped
salt, pepper, rosemary, thyme to taste
Optional: 2 medium-sized Granny Smith apples, chopped

INSTRUCTIONS

—Preheat oven to 350°.

—Cut bread into 1/2-inch cubes. Spray a medium baking dish with nonstick spray, and place bread cubes evenly along the bottom of the dish.

—In a medium pot, combine broth, celery and onion. Cook for 8 minutes over medium heat.

—Remove pot from heat, and add mushrooms and garlic. Season mixture to taste with salt, pepper, rosemary and thyme. Let cool for several minutes.

—Add egg substitute and butter to veggie / broth mixture and stir. Pour mixture into the baking pan, evenly covering bread cubes. Mix gently with a fork. Bread cubes should be moist, but not saturated (if necessary, add 1 to 2 TBS water, and then mix again.)

—Optional: This would be the time to add the chopped apple. Mix again.

—Cover with foil, and cook dish in the oven for 20 minutes.

—Remove foil, and fluff and rearrange stuffing. Return dish to oven, uncovered, and cook for an additional 15 minutes.

SERVING INFO: (Yields 6 servings): 1/2 cup = 1 G

Recipe credit: <https://www.hungry-girl.com/>