SAVE-THE-DAY STUFFING*

Intermediate Lifestyle

Ingredients

6 slices light bread (40-45 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 (like Bummel & Brown)

2 cloves garlic, finely chopped

salt, pepper, rosemary, thyme to taste

optional: 2 medium-sized Granny Smith apple, chopped

Instructions

- 1. Preheat oven to 350°.
- 2. 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.
- 3. In a medium pot, combine broth, celery and onion. Cook for 8 minutes over medium heat.
- 4. 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.)
- 6. Optional: This would be the time to add the chopped apple. Mix again.
- 7. Cove with foil, and cook dish in the oven for 20 minutes.
- 8. Remove foil, and fluff and rearrange stuffing. Return dish to oven, uncovered, and cook for an additional 15 minutes.

Portion-Per-Serving Information (Yields 5 servings): 1 serving = 1 cup = 1 G