

RECIPE

Cranberry Sausage Stuffing

15 servings

Ingredients

- 1 1/2 cups cubed whole wheat bread
- 3 3/4 cups cubed day old cornbread
- 1/4 pound ground turkey sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 golden delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 1/4 cup low sodium turkey stock or chicken
- 2 tablespoons melted unsalted butter

Directions

1. Preheat oven to 350°F.
2. Spread the whole wheat and cornbread cubes in a single layer on a large baking sheet. Bake until evenly toasted, about 5 to 7 minutes. Transfer toasted bread cubes to a large bowl and set aside until ready to use.
3. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned, about 5 minutes.
4. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
5. Pour sausage mixture over bread in bowl. Mix in chopped apples, dried cranberries, and parsley. Drizzle with turkey stock and melted butter, and mix lightly.
6. Transfer mixture to a casserole dish and bake in preheated oven for 30 minutes or until internal temperature reaches 160°F.
7. Serve immediately or keep warm. Serving size is 1/2 cup.

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
210	7	2	32	6	3	470