



Bread Stuffing with Apples and Celery

Prep: 10 minutes | Cook: 50 minutes | Total: 60 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

4 cups cubed white or whole-wheat bread
Nonstick cooking spray
1 tablespoon butter
1 tablespoon olive oil
1 medium apple, cored and chopped (about 1 cup)
1 medium onion, diced (about 1 cup)
3 stalks celery, diced (about $\frac{3}{4}$ cup)
 $\frac{1}{2}$ teaspoon dried sage
 $\frac{1}{2}$ teaspoon dried thyme
 $\frac{1}{4}$ teaspoon salt
1 cup (8 ounces) low-sodium chicken broth
3 tablespoons chopped fresh parsley (or
1 teaspoon dried

Directions

1. Preheat the oven to 275°F.
2. Place the cubed bread on a baking sheet. Bake until the bread is dried out, about 10-15 minutes. Set aside.
3. Increase the oven temperature to 350°F. Coat an oven-safe casserole dish with nonstick cooking spray. Set aside.
4. Heat a large skillet or sauté pan over medium heat.
5. Add the butter and oil. Heat until melted and shimmering.
6. Add the apple, onion, celery, sage, thyme and salt. Cook, stirring often, for 5 minutes.
7. Remove the pan from the heat and add the dried bread cubes, chicken broth, and parsley. Stir gently to combine.
8. Transfer the bread mixture into the oven-safe dish. Cover with foil and bake for 35 minutes.
9. Remove the foil and continue baking for 10 minutes.
10. Serve warm.

Recipe Notes

- If you like garlic, mince 6 cloves garlic (about 1 tablespoon) and add to the pan in step 6.
- To increase the protein, dice 1 cooked apple chicken sausage and add to the pan in step 7.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 5 g | Saturated Fat: 2 g
Sodium: 340 mg | Total Carbohydrate: 19 g | Dietary Fiber: 3.5 g | Protein: 5 g**

Adapted from Delicious on a Dime | Submitted by Robin LaCroix, RD, CSO
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