

Recipe

Whole grain stuffing

Give one of your favorite sides a healthy twist by making simple swaps. Whole grain bread and low-sodium chicken broth are simple swaps you can make. This dish also uses less butter than traditional recipes.

Makes 10 servings | Prep: 45 minutes | Cook: 55 minutes



Ingredients

- 12 oz day-old whole grain bread, cut into $\frac{3}{4}$ -inch cubes
- 2 Tbsp olive oil
- 2 cups chopped yellow onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup chopped fresh sage
- $\frac{3}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp salt
- 2½ cups sodium-free chicken broth (can use vegetable broth to keep vegetarian)
- 3 Tbsp unsalted butter, melted
- 2 large eggs
- Cooking spray

Preparation

Preheat oven to 400°F. Place bread cubes on a baking sheet, arranged in a single layer. Bake for 20 minutes or until golden, stirring halfway through. Transfer bread to a bowl and set aside.

Reduce the oven temperature to 350°F. Add oil to a large skillet over medium-high heat. Add onion, celery, carrot and garlic. Sauté vegetables for 10 minutes or until tender. Remove pan from heat. Add parsley, sage, pepper and salt and stir. Add vegetable mixture to bowl with bread and toss to combine.

In another bowl, add broth, butter and eggs and whisk. Drizzle over bread cubes and toss. Let sit for 10 minutes or until liquid is absorbed, stirring occasionally. Add bread cubes to a baking dish coated with cooking spray. Bake at 350°F for 25 minutes or until browned.

Nutrition information per serving | Serving size: 2/3 cup



Calories: 210 | Total fat: 9 g | Saturated fat: 3 g | Sodium: 508 mg | Cholesterol: 46 mg | Total carbs: 22 g | Fiber: 4 g
Sugars: 3 g | Protein: 10 g | Potassium: 222 mg

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