

Apple Stuffing

Ingredients:

- 1 cup finely chopped onion
- ½ cup finely chopped celery
- ½ cup finely chopped, unpeeled apple
- 1 ½ cup applesauce
- 1 (8-oz.) package stuffing mix
- 1 cup low-fat, reduced-sodium chicken broth
- 1 ½ tsp. dried thyme leaves
- 1 tsp. ground sage
- ½ tsp. salt
- ½ tsp. ground pepper

Directions:

- Spray medium skillet with nonstick cooking spray. Heat over medium heat until hot. Add onion and celery; cook and stir about 5 minutes. Add apple; cook and stir about 3 minutes or until golden. Transfer to large bowl. Stir in applesauce, stuffing mix, broth, thyme, sage, salt, and pepper. Place stuffing in greased 8-inch square pan. Cover pan; bake in preheated 350 degree oven for 20 to 25 minutes or until hot.

Makes 8 servings. Per serving: 146 calories, 1.3 grams (g) fat, and 29.9 g carbohydrate

NDSU EXTENSION
SERVICE