



Vegetarian Stuffing

Ingredients:

2 ½ total cups vegetable stock, with ½ cup set aside

3 tbsp fresh, chopped sage, divided

1 large white onion, chopped #2 cone

1 carrot, finely chopped #1 cone

3 stalks celery finely chopped #1 cone

2 honeycrisp apples chopped with skins #3 cone

3 cloves garlic, minced

¼ teaspoon cayenne pepper

½ cup Craisins (or dried cranberries)

1 loaf whole grain bread (day old or stale) torn into ½ inch squares

Ground black pepper to taste

Instructions:

1. In a large sauté pan over medium heat add ½ cup vegetable stock, onion, celery, carrot, and one tablespoon of sage.
2. When onions become translucent, add garlic, apples, and ground black pepper.
3. After apples have cooked for about 2 minutes pour in remaining 2 cups vegetable stock. Add cayenne pepper, and let mixture sauté another 2 minutes.
4. Add cranberries and remaining 2 tablespoons of sage. Mix well.
5. Fold in bread squares and transfer into a glass baking dish.
6. Bake at 350°F for 35-45 minutes or until bread cubes on top are crispy.

Nutritional Information as presented:

1/2 cup = 1 serving
Yield = approximately 22 servings

- Calories: 84.0 kcal
- Fat: 1.1 g
- Saturated Fat: 0.2 g
- Cholesterol: 0.0 mg
- Sodium: 161.1 mg
- Carbohydrates: 15.8 g
- Fiber: 2.5 g
- Sugar: 5.4 g
- Protein: 3.3 g

Compare if using water in place of vegetable stock:

- Calories: 82.3 kcal
- Fat: 1.1 g
- Saturated Fat: 0.2 g
- Cholesterol: 0.0 mg
- Sodium: 98.6 mg
- Carbohydrates: 15.4 g
- Fiber: 2.5 g
- Sugar: 5.1 g
- Protein: 3.3 g

Compare to original recipe using 1 stick of salted butter:

- Calories: 121 kcal
- Fat: 5.2 g
- Saturated Fat: 2.8 g
- Cholesterol: 11.3 mg
- Sodium: 190.8 mg
- Carbohydrates: 15.8 g
- Fiber: 2.5 g
- Sugar: 5.4g
- Protein: 3.4 g