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Healthified Stuffing

Prep Time: 30 mins

Cook Time: 1 h 20 mins

Total Time: 1 h 50 mins

Ingredients

15 slice(s) bread, 100% whole-grain
2 tablespoon oil, olive
1/2 cup(s) celery
1/2 cup(s) onion(s)
1/2 cup(s) carrot(s)
2 cup(s) broth, chicken, less sodium
1 teaspoon sage, dried
1/2 teaspoon salt
1/2 teaspoon thyme, dried
1/4 teaspoon pepper, black
cooking spray

Preparation

1. Heat oven to 350°F. Spray 2-quart casserole with cooking spray; set aside.
2. On large cookie sheet, place bread slices. Bake 15 to 20 minutes, turning each slice once, until firm and very light golden brown. Remove bread slices from cookie sheet; cut into 1/2-inch cubes.
3. In 12-inch nonstick skillet, heat oil over medium-high heat. Add celery, onion and carrot; cook 6 to 8 minutes, stirring frequently, until tender. Stir in broth, sage, salt, thyme and pepper; heat to boiling. Remove from heat. Stir in bread cubes until well mixed. Spoon mixture into casserole.
4. Cover; bake 30 minutes. Uncover; bake 15 to 20 minutes longer or until hot and top is light golden brown. High Altitude (3500-6500 ft): No change



Quick Info:

12 Servings

 Contains Wheat/Gluten

Nutritional Info (Per serving):

Calories: 120, Saturated Fat: 0.5g, Sodium: 380mg, Dietary Fiber: 3g, Total Fat: 4g, Carbs: 18g, Cholesterol: 0mg, Protein: 4g

Exchanges: Starch: 1, Fat: 1

Carb Choices: 1

Recipe Source:



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