



Cornbread Stuffing

Makes 8 servings

Ingredients

Vegetable oil spray
3 cups crumbled cornbread
2 cups low-sodium chicken broth
1 cup fat-free, no-salt-added cracker crumbs
3 ribs celery (1½ cups), finely chopped

1 large onion (¾ cup), finely chopped
Whites of 2 medium eggs
½ teaspoon pepper or to taste
½ teaspoon dried sage or poultry seasoning

Instructions

1. Preheat oven to 350 degrees.
2. Lightly spray a 9-inch round or square baking dish with vegetable oil spray.
3. In a large bowl, combine remaining ingredients, stirring well. Pour into baking dish. Bake, covered, for 45 minutes. Or stuff dressing loosely into cavity of 10 to 12 pound turkey just before roasting.

Nutrition Facts

Serving size: ⅛th of recipe; calories per serving: 178; fat: 4g; saturated fat: 1g; cholesterol: 9mg; sodium: 367mg; carbohydrates: 28g; fiber: 2g; protein: 6g; sugars: 0g

Source: www.healthdiscovery.net. This source is an independent company that provides wellness education on behalf of BlueCross BlueShield of South Carolina.



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