

Healthier Holiday Stuffing

Ingredients

2 to 3 c low sodium chicken stock
10 - 12 c 3/4" bread cubes, french, italian or cranberry walnut
2 c each onion and celery, chopped
3 T unsalted butter
3 T olive oil
1 green apple, cored, chopped
3/4 c currants
1 c pecans
8 chopped green olives
1/4 c chopped fresh parsley
1 tsp poultry seasoning or ground sage
Ground pepper (to taste)

Directions

1. If needed, dry cut bread on a baking sheet in a 200° F oven for 10 minutes, tossing once or twice.
2. Melt 3 T butter in a large skillet. Toast bread cubes in skillet, in batches, until lightly browned. Set aside.
3. In a large dutch oven, heat 3 T olive oil over medium heat. Sauté onion and celery about 8 minutes, stirring often.
4. Add the bread, pecans, apple, currants, olives, parsley, and poultry seasoning/sage. Add 1 c stock to moisten, stirring well.
5. Cover and cook on low for about one hour, until apples are soft and cooked through. Check every 10 - 15 minutes and add more stock to keep moist and prevent the bottom from sticking. Prepare to use about 3 c stock total. Be certain to stir and scrape ALL the way to the bottom of the pan.
6. Add parsley once stuffing is finished cooking. If making ahead of time, add parsley after dish is reheated.



RECIPE TIPS

Plan ahead! Buy and cube your bread days in advance. For a moist loaf, like a bakery-made cranberry walnut, purchase 4 days ahead and cube 1-2 days in advance. For French or Italian bread, purchase 2-3 days ahead and cube 1 day in advance. This allows you to skip drying the bread in the oven.

Make swaps! You can substitute raisins for currants, use any type of apple, or trade walnuts for the pecans, if you wish.

This recipe reheats well. Simply place, covered, in oven until warmed through. Check moisture level and add a bit of water if needed.

