

Herb and Mushroom Stuffing

Ingredients

9 cups diced, stale bread (about 1 medium loaf of crusty bread)	2 tsp dried thyme
2 1/2 cups chopped sweet onions	3-4 cloves of garlic, minced
1 1/2 cups chopped celery	1/3 cup white wine, can use broth if you don't have wine
8 oz. mushrooms, chopped	1 cup vegetable broth
1 1/2 T. chopped fresh rosemary	Salt and pepper to taste (optional)

Instructions

1. Heat oven to 375 degrees. Lightly spray a 9x13 baking dish.
2. In skillet with little water sauté the onions for 3 minutes, till translucent.
3. Add celery and mushrooms and cook for 5 minutes.
4. Add herbs, garlic and cook for another minute, salt and pepper to taste.
5. Add white wine and simmer for 4 minutes so flavors mix together.
6. Place diced bread in big bowl and add all veggies and liquid from the skillet to the bread and mix it all together.
7. Pour the vegetable broth over the whole thing and mix well.
8. Place it all in the baking dish, cover with foil and bake for 20 minutes.
9. After 20 minutes, remove foil, gently stir and bake for another 10-12 minutes until there are some crispy parts.
10. Serve warm.

Kitchen Classroom

Making “stale bread” for stuffing is easy and has less sodium than store bought. A combination of sourdough and whole wheat works great.

Cut bread in small cubes.

Make sure it's stale, almost like croutons. You can do this a day ahead to speed up the staleness.

If bread is not stale or too soft, place it on a baking sheet in the oven at 250 degrees. Stir it around every 10 minutes. In about 20 minutes the bread should be perfect and ready to use.

Nutrition Information per Serving

Serving Size: 8 servings as a side

Calories: 270

Fat: 5 gm

Sodium: 350 mg

Fiber: 8 gm

Carbohydrates: 46 gm

Protein: 13 gm

