

Chorizo-Cornbread Stuffing

Melissa Knific

Family Circle Magazine - November 2013

Servings: 10

*6 ounces dried chorizo, diced into
1/4-inch pieces
1 tablespoon unsalted butter
3 cloves garlic, chopped
1 1/2 cups frozen corn
1 tablespoon fresh oregano, chopped
3/4 teaspoon salt
1/4 teaspoon + 1/8 teaspoon black
pepper
2 eggs, beaten
1 1/2 cups chicken broth
1 cup scallions, sliced
7 cups day-old cornbread, diced into
3/4-inch cubes*

Preparation Time: 15 minutes

Bake: 30 minutes

Preheat the oven to 350 degrees.

Heat a large skillet over medium heat. Add the chorizo, saute' for 5 minutes, stirring occasionally. Add the butter and melt. Stir in the garlic. Cook for 2 minutes. Raise the heat to medium-high and stir in the corn. Saute' for 3 minutes. Mix in the oregano and 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Set aside.

In a large bowl, beat the eggs, chicken broth, remaining 1/2 teaspoon of salt and remaining 1/8 teaspoon of pepper. Stir in the scallions and chorizo-corn mixture. Gently fold in the cornbread until combined.

Coat an 8x8-inch baking diish with nonstick cooking spray. Transfer the mixture to the dish.

Bake, uncovered, for 30 minutes, until the top is toasted.

Per Serving (excluding unknown items): 57 Calories; 3g Fat (37.9% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 291mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

% Calories from Fat:	37.9%
% Calories from Carbohydrates:	42.5%
% Calories from Protein:	19.7%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	46mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	291mg
Potassium (mg):	129mg
Calcium (mg):	19mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	4mg
Vitamin A (i.u.):	165IU
Vitamin A (r.e.):	32RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	21mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 57 Calories from Fat: 22

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	6%
Cholesterol 46mg	15%
Sodium 291mg	12%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	4%
Protein 3g	
<hr/>	
Vitamin A	3%
Vitamin C	6%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.