

Cornbread Dressing III

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Servings: 8

*8 tablespoons unsalted butter
6 shallots, finely chopped
3 ribs celery, thinly sliced
4 cloves garlic, minced
2 apples (Honeycrisp or Pink Lady),
cored and chopped
2 teaspoons fresh rosemary, chopped
1 teaspoon poultry seasoning
salt (to taste)
pepper (to taste)
1 1/4 pounds (8 cups) store-bought
or homemade cornbread, cut into
1-inch pieces
1/2 cup fresh parsley, chopped
1/2 cup pecans, chopped
2 cups low-sodium chicken broth
2 large eggs*

Preparation Time: 20 minutes

Cook Time: 50 minutes

Preheat the oven to 350 degrees.

In a medium saucepan over medium heat, melt the butter. Add the shallots, celery and garlic. Cook, stirring occasionally, until softened, about 5 minutes. Add the apples, rosemary, poultry seasoning, one teaspoon of salt and one teaspoon of pepper. Cook, stirring occasionally, until the apples are crisp-tender, about 3 minutes. Transfer to a large bowl.

Add the cornbread, parsley and 1/4 cup of the pecans to the bowl with the apple mixture. Season with salt and pepper. Gently toss until combined.

In a medium bowl, whisk the broth and eggs. Drizzle over the cornbread mixture. Gently toss until coated. Transfer to a greased 13x9-inch baking dish. Sprinkle with the remaining 1/4 cup of the pecans.

Bake until the liquid is mostly absorbed, 25 to 30 minutes.

Increase the oven temperature to 400 degrees. Bake until the cornbread is heated through and the top is crispy, about 10 minutes.

Let rest for 10 minutes before serving.

Per Serving (excluding unknown items): 185 Calories; 18g Fat (80.2% calories from fat); 6g Protein; 4g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 46mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.