

Mushroom and Vegetable Stuffing

*Daphne Oz
Parade Magazine*

Servings: 4

1/2 loaf multigrain bread, torn into bite-size pieces
1 tablespoon extra-virgin olive oil
1 shallot, finely chopped
1 stalk celery, chopped fine
1/2 pound shiitake mushrooms, chopped and stems removed
1 bunch kale, cut into ribbons and stems removed
1 Granny Smith apple, cored and diced
1/3 cup parsley leaves, minced
1 tablespoon fresh thyme leaves, minced
1 tablespoon fresh sage leaves, minced
1 clove garlic, minced
3/4 cup coarsely chopped walnuts
2 cups vegetable broth
salt and pepper (to taste)
If including turkey, use less broth.

Preheat the oven to 400 degrees.

On a baking sheet, bake the bread bits until crunchy, about 10 minutes.

Heat the oil in a nonstick skillet over medium. Add the shallot, celery, mushrooms and kale. Cook for 5 minutes, stirring.

Add the parsley, thyme, sage and garlic. Cook for 1 minute or until fragrant. Remove from the heat and mix in the bread and walnuts.

Add the broth until moist. Cover with foil.

Bake for 25 minutes. Remove the foil.

Bake for 10 minutes or until very hot.

Add salt and pepper.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 308 Calories; 6g Fat (15.7% calories from fat); 9g Protein; 63g Carbohydrate; 9g Dietary Fiber; 1mg Cholesterol; 837mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	308	Vitamin B6 (mg):	.6mg
% Calories from Fat:	15.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	73.5%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	10.8%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	1mg
Carbohydrate (g):	63g
Dietary Fiber (g):	9g
Protein (g):	9g
Sodium (mg):	837mg
Potassium (mg):	1224mg
Calcium (mg):	56mg
Iron (mg):	2mg
Zinc (mg):	5mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	3960IU
Vitamin A (r.e.):	396RE

Riboflavin B2 (mg):	.7mg
Folacin (mcg):	112mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	3 1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 308	Calories from Fat: 48
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% Daily Values*

Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 1mg	0%
Sodium 837mg	35%
Total Carbohydrates 63g	21%
Dietary Fiber 9g	37%
Protein 9g	
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Vitamin A	79%
Vitamin C	46%
Calcium	6%
Iron	13%

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