

Traditional Holiday Stuffing

Lorraine Brauckhoff - Zolfo Springs, FL
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Servings: 24

*1 package (12 ounce)
reduced-fat bulk pork
sausage or breakfast turkey
sausage links, casings
removed
3 rib celery, chopped
1 large onion, chopped
2 tablespoons reduced-fat
mayonnaise
2 tablespoons prepared
mustard
4 teaspoons rubbed sage
1 tablespoon poultry
seasoning
2 loaves (16 ounce ea) day-
old white bread, cubed
1 loaf (16 ounce) day-old
whole wheat bread, cubed
3 large eggs, lightly beaten
2 cans (14.5 ounce ea)
reduced-sodium chicken
broth
chopped fresh parsley
(optional)*

Preparation Time: 35 minutes

Bake Time: 45 minutes

Preheat the oven to 350 degrees.

In a large nonstick skillet, cook the sausage, celery and onion over medium heat until the meat is no longer pink, breaking up the sausage into crumbles. Drain. Remove from the heat. Stir in the mayonnaise, mustard, sage and poultry seasoning.

Place the bread cubes in a large bowl. Add the sausage mixture and toss.

In a small bowl, whisk the eggs, and broth. Pour over the bread cubes. Stir gently to combine. Transfer to two three-quart baking dishes coated with cooking spray.

Bake, covered, for 30 minutes. Uncover.

Bake until lightly browned and a thermometer reads 165 degrees, 15 to 20 minutes longer.

If desired, top with chopped parsley.

Per Serving (excluding unknown items): 17 Calories; 1g Fat (56.0% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.