



Celery Stuffing

Great version of the popular thanksgiving stuffing redone in a healthier and more nutritious way!

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 mL
1 medium	Red Onion, diced small	1 medium
4 stalks	Celery, diced small	4 stalks
1/2 tsp	Salt, Kosher	3 g
to taste	Black Pepper, ground	to taste
1 tsp	Thyme, dried	1 g
1/2 tsp	Sage, ground	0.4 g
1/4 tsp	Oregano, dried	0.25 g
1/4 tsp	Parsley, dried	0.25 g
1 each	Egg	1 each
1/2 each	Baguette, Whole Wheat, diced small	1/2 each
1 1/2 cups	Vegetable Stock	354.9 mL
	Pan Spray	

Preparation:

1. Gather all ingredients and equipment.
2. Pre-heat oven at 350°F. Grease a 9 in.X 9 in. (22.8 cm x 22.8 cm) pan with pan spray and set aside.
3. Pre-heat a sauté pan over medium heat and add the olive oil and onion. Sauté the onion until translucent (about 2-3 minutes).
4. Then, add the celery and let it cook until soft. Add salt, pepper and spices.
5. In a separate bowl, combine the egg, bread and vegetable stock.
6. Add the bread mixture to the heated pot and mix all together. Let it cook until almost all liquid is absorbed.
7. Place the mixture in the greased pan and place it in the oven for about 5-10 minutes.
8. Remove from oven and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1/4 cup**
Servings **10****Calories** 46
Calories from Fat 15Total Fat 2 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 1 g
Cholesterol 0 mg
Sodium 175 mg
Carbohydrates 7 g
Dietary Fiber 1 g
Sugars 1 g
Protein 1 gVitamin A 2 %
Calcium 1 %
Vitamin C 1 %
Iron 2 %
Phosphorus 4 mg
