

Stuffing with Cranberries



Ingredients

1 cup low sodium vegetable broth	1/2 tsp paprika
1 cup celery, chopped	1/8 tsp ground nutmeg
1/2 cup onion, chopped	1/2 cup chopped fresh cranberries
10 slices whole wheat-bread, toasted and cut into cubes	1 cup whole water chestnuts
1/4 cup parsley, chopped	1 cup chopped apple (with skin on)
1 tsp dried tarragon	

Instructions

Instructions: Heat oven to 350 F. Lightly coat a 2-quart baking dish with cooking spray. In a large skillet, heat the broth over medium heat. Add the celery and onion and saute until the vegetables are tender, about 5 minutes. Remove from heat. In a large bowl, combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples. Add the onion and celery mixture. Stir to mix evenly. Spoon stuffing into the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes. Serve immediately.

Nutrition Information Per Serving

Serves 6
Calories: 149
Fat: 2 gm
Sodium: 217 mg
Fiber: 7 gm
Carbohydrates: 28 gm
Protein: 6 gm
Sugars: 7 gm