

Wild Rice Stuffing



Ingredients

3/4 cup uncooked wild rice	2 cups diced celery
2 1/2 cups water	1/2 tsp salt
1 Tbsp olive oil	1/4 tsp black pepper
3/4 cup chopped onion	1 Tbsp poultry seasoning
1 cup sliced mushrooms	1/4 cup vegetable broth (reduced sodium)
1 cup chopped apple (including peel)	
1/4 cup dried cranberries	

Instructions

Instructions: Rinse wild rice two to three times - until water runs clear. Place wild rice and water in a 1 1/2 quart sauce pan and bring to a boil. Reduce to a simmer, cover and cook until all water is absorbed, stirring frequently, about 30 minutes. Heat olive oil over medium heat in a skillet. Add onion, mushrooms, apple, cranberries and celery. Stir and heat through until tender. Add the salt, pepper, and poultry seasoning. Continue to stir and cook slowly until fragrant, about 10 minutes. Combine the rice, the fruit/vegetable mixture and broth in a large bowl. Transfer to a dish coated with nonstick spray. Cover and bake at 350 for 20-30 minutes. Garnish with a sprinkle of toasted almonds.

Nutrition Information Per Serving

Serves 12
Calories: 78
Fat: 2 gm
Sodium: 136 mg
Fiber: 2 gm
Carbohydrates: 13 gm
Protein: 2 gm