

## Herb and Apple Stuffing

(Makes 8 servings)

### **Ingredients:**

- ½ large yellow onion, chopped
- 2 red apples (*not delicious*), chopped into bite-sized squares and tossed with 1 to 2 tablespoons lemon juice to prevent browning
- ¾ cup chopped celery
- ½ cup chopped fresh sage (or 2 ½ tablespoons dried sage)
- 1 teaspoon poultry seasoning
- ½ pound whole grain bread, cut into chunks (such as a 12-grain bread); best if you can cut bread into chunks and allow it to stand uncovered overnight to dry out slightly
- ½ to 1 teaspoon ground black pepper
- 2 teaspoons regular bouillon granules
- 2 tablespoons very low sodium bouillon granules
- 1 ½ cups hot water

### **Directions:**

- 1) Combine onions, apples, breadcrumbs, celery, fresh sage, bread, poultry seasoning, and black pepper in large mixing bowl.
- 2) Mix together regular and low sodium bouillon granules with hot water until well dissolved; pour over dressing mixture. Mix well until bread is evenly wet.
- 3) Bake separately uncovered at 350 degrees for 1 hour.

***Alternatively:*** Stuff into turkey, or bake separately in bowl. This mixture flavors your turkey beautifully, so don't hesitate to stuff your bird. If you do, wash interior of turkey and dry with paper towel. Stuff just before baking and then bake immediately. Follow directions for baking stuffed turkey, which requires extra baking time.

### **Nutritional Analysis:** (per serving / 1/8 of recipe)

- Calories: 107 (13% of calories from fat)
- Fat: 1.6 g
- Saturated Fat: less than ½ g
- Carbohydrates: 22 g
- Protein: 3 g
- Fiber: 3 g

### **Source:**

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