

Diabetes-Friendly Thanksgiving Recipe

Sage Stuffing

12 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 15 MINUTES • COOKING TIME: 1 HOUR

- 30 slices (1 ounce each) day-old, whole-grain bread, crusts removed, cut into small cubes
- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 large celery stalks, chopped
- ⅓ cup coarsely chopped walnuts
- ½ bunch fresh sage, stems removed, coarsely chopped
- 3 cups hot low-fat, reduced-sodium chicken broth
- 1 egg, lightly beaten
- ½ cup dried cranberries or dried cherries, coarsely chopped
- Kosher salt and fresh-ground black pepper to taste
- Paprika

► Preheat the oven to 375° F. Add the bread to a large bowl.

► Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute.

► Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage mixture, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika. Bake for about 40 to 45 minutes, or until the top is browned and crusty.



Per serving: starch exchanges, 2; fat exchanges, 1; calories, 190; calories from Fat, 55; total fat, 6 g; saturated fat 0.9 g; trans fat, 0 g; cholesterol, 20 mg; sodium, 385 mg (without added salt); total carbohydrate, 28 g; dietary fiber, 5 g; sugars, 7 g; protein, 8 g

Recipe from forecast.diabetes.org/recipes/sage-stuffing.

