

Save-the-Day Stuffing

Recipe courtesy of *Hungry Girls*

momlogic.com

Ingredients:

- 6 slices light bread (40 - 45 calories each, with around 2g fiber per slice)
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped mushrooms
- 1 cup fat-free chicken or vegetable broth, room temperature
- 1/4 cup fat-free liquid egg substitute (like Egg Beaters Original)
- 1 tbsp. light whipped butter or light buttery spread (like Brummel & Brown)
- 2 cloves garlic, finely chopped
- Salt, pepper, rosemary, thyme, to taste

Directions:

For best results, leave bread uncovered at room temperature for a night or two, until slightly stale. Otherwise, begin by lightly toasting bread.

Preheat oven to 350 degrees.

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Directions:

Cut bread into 1/2-inch cubes. Spray a medium baking dish with nonstick spray, and place bread cubes evenly along the bottom of the dish.

In a medium pot, combine broth, celery, and onion. Cook for 8 minutes over medium heat.

Remove pot from heat, and add mushrooms and garlic. Season mixture to taste with salt, pepper, rosemary and thyme. Let cool for several minutes.

Add egg substitute and butter to veggie/broth mixture and stir. Pour mixture into the baking pan, evenly covering bread cubes. Mix gently with a fork. Bread cubes should be moist, but not saturated (if necessary, add 1 - 2 tbsp. water, and then mix again).

Cover with foil, and cook dish in the oven for 20 minutes.

Remove foil, and fluff and rearrange stuffing. Return dish to oven (uncovered), and cook for an additional 15 minutes.

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Directions:

HG Tip! Zazzle up your stuffing by adding any of the following to it before baking: an ounce of raisins, 1 medium-sized pear (chopped), 2 tablespoons of sliced almonds, an ounce of sweetened dried cranberries, or 1 medium-sized Granny Smith apple (chopped). Each one adds less than 20 calories to each serving!

MAKES 5 SERVINGS