

# Low Calorie Stuffing

**Yield: 15 Servings**



- 30 slices wheat bread, cut into cubes
- 2 Tbsp reduced calorie trans fat free margarine
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 1 egg and 2 egg whites, lightly beaten together
- 2 cups low sodium chicken broth
- 2 tsp rubbed sage
- 1 tsp garlic powder
- 1 cup chopped walnuts
- 2 granny smith apples, chopped into cubes
- pepper to taste

On a large cookie sheet, toast bread cubes in oven. Allow the toasted bread to sit approximately 24 hours, until hard.

Preheat oven to 325 degrees. Spray a large baking dish (9 x 13 inch or larger) with cooking spray. Melt the margarine in a large saucepan over medium heat. Stir in the onion and celery and slowly cook until soft. Remove from heat.

Mix the eggs, chicken broth and breadcrumbs into the saucepan with the onion and celery. Mix together thoroughly. Mix in the rubbed sage, garlic powder, walnuts, apples and pepper. Press the mixture into the baking dish. Bake 1 hour in the preheated oven, or until the top is brown and crisp. Be sure to cool the stuffing prior to stuffing the turkey.

**Nutrition facts (per serving):** Calories: 209; Fat: 8g; Saturated fat: 1g; Cholesterol: 12mg; Sodium: 369mg  
Carbohydrate: 28g; Fiber: 4g; Protein: 7g