



Cornbread Stuffing with Apples & Golden Raisins

SERVINGS: 6+

COOKING TIME: 15 MIN EACH

Ingredients:

Cornbread:

2 large eggs, whites only
1 1/3 cups skim milk
1/2 cup applesauce
2 cup cornmeal*
1 tablespoon sugar
1 tablespoon baking powder
1/2 teaspoon salt

Stuffing:

2 celery stalks, chopped
1 large onion, chopped
2 tablespoons chopped fresh parsley
1 teaspoon dried thyme
Salt and Pepper to taste
1 cup golden raisins
1/4 cup dry sherry (optional)
2 cups defatted broth or low sodium chicken broth



Directions:

For the Cornbread:

Preheat oven to 400 degrees. Coat an 8-inch-square cake pan with cooking spray. In a medium bowl, combine egg whites, skim milk, and applesauce. Mix well. Combine the remainder of the dry ingredients and add to the skim milk and egg white mixture. Stir until blended and pour into a prepared pan; bake for 15 minutes or until bread is done. Remove from oven and cool.

For the Stuffing:

Spray a nonstick skillet with cooking spray and sauté celery and onion until tender. Add spices; remove and put into a large bowl. Add raisins, apples, and the cornbread, crumbled. Toss with the broth and sherry and bake covered in a casserole dish previously coated with cooking spray, about 12-15 minutes. If the stuffing appears to dry, add more broth. Toward the end of cooking, remove cover to brown. *Substitute one cup of flour for one cup of cornmeal, if you prefer. Serves 6.

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