

# **Stuffing with cranberries**

By Mayo Clinic Staff

Serves 6 (Healthy carb, Low Fat & High Fiber)

## **Ingredients:**

1 cup low-sodium chicken broth  
1 cup chopped celery  
1/2 cup chopped onion  
10 slices whole-wheat bread, toasted and cut into cubes  
1/4 cup chopped parsley  
1 teaspoon dried tarragon  
1/2 teaspoon paprika  
1/8 teaspoon ground nutmeg  
1/2 cup chopped fresh cranberries  
1 cup whole water chestnuts  
1 cup chopped apple (with skin on)

## **Directions**

Heat the oven to 350 F. Lightly coat a 2-quart baking dish with cooking spray.

In a large skillet, heat the chicken broth over medium heat. Add the celery and onion and **saute** until the vegetables are tender, about 5 minutes. Remove from heat.

In a large bowl, combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples. Add the onion and celery mixture. Stir to mix evenly.

Spoon stuffing into the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes. Serve immediately.

## **Dietitian's tip:**

Stuffing is usually baked within a turkey or chicken. This version bakes the stuffing separately, saving calories and fat. If you prefer extra-moist stuffing, add more chicken broth or water.

This recipe is low in sodium, and does not contain butter as most stuffing recipes do.