



## Apple & Onion Stuffing



1/8th of recipe (about 1 cup): 108 calories, 1g total fat (<0.5g sat. fat), 206mg sodium, 24g carbs, 4.25g fiber, 12g sugars, 3g protein

**Prep:** 20 minutes    **Cook:** 40 minutes



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### Ingredients

6 slices light bread  
1 tbsp. light whipped butter or light buttery spread  
2 cups chopped sweet onion  
1 cup chopped celery  
1 tbsp. minced shallots  
1/2 tbsp. minced garlic  
1/4 tsp. salt  
4 cups chopped Fuji apples  
1/4 cup minced fresh parsley  
1/4 cup raisins (not packed)  
1/3 cup fat-free chicken or vegetable broth (plus more if needed), room temperature  
1/4 cup fat-free liquid egg substitute  
Optional seasoning: black pepper

### Directions

Preheat oven to 350 degrees. Spray a 9-inch by 13-inch baking pan with nonstick spray.

Lightly toast bread slices. Cut them into cubes.

Melt butter in a large nonstick pot over medium heat. Add onion, celery, shallots, garlic, and salt. Stirring frequently, cook veggies until softened, about 6 minutes.

Remove pot from heat and stir in apples, parsley, and raisins.

In a large bowl, thoroughly mix broth with egg substitute.

Add toasted bread cubes and stir to coat. Add veggie-apple mixture and gently stir. The bread cubes should be moist but not saturated. Add a few extra tbsp. of broth to coat, if needed.

Transfer stuffing mixture to the baking pan. Cover with foil and bake for 20 minutes.

Remove foil. Gently fluff and rearrange stuffing. Bake uncovered until the top is golden brown, 10 to 15 minutes. Devour!

### MAKES 8 SERVINGS

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