



Save-the-Day Stuffing



1/5th of recipe (about 3/4 cup): 89 calories, 1.5g total fat (<0.5g sat. fat), 275mg sodium, 17g carbs, 4g fiber, 4g sugars, 5g protein

Prep: 15 minutes **Cook:** 45 minutes



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Ingredients

6 slices light bread
1 cup fat-free chicken or vegetable broth (plus more if needed)
1 cup chopped celery
1 cup chopped onion
1 cup chopped mushrooms
2 tsp. minced garlic
1 tbsp. light whipped butter or light buttery spread
1/4 cup fat-free liquid egg substitute
Optional seasonings: salt, black pepper, rosemary, thyme

Directions

Preheat oven to 350 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Lightly toast bread slices. Cut them into cubes.

Place broth, celery, and onion in a large nonstick pot, and set heat to medium. Cook and stir for 10 minutes, until slightly softened.

Remove pot from heat and stir in mushrooms, garlic, and butter. Let broth mixture slightly cool.

Stir in egg substitute. Add bread cubes and stir to coat. Bread cubes should be moist, but not saturated. If needed, add a few extra tbsp. of broth to coat.

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

Remove foil. Fluff and rearrange stuffing. Bake uncovered until top has lightly browned, 10 to 15 minutes. Enjoy!

MAKES 5 SERVINGS

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