

THANKSGIVING VEGETABLE STUFFING



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

VEGETABLES

2 tbsp extra-virgin olive oil
Salt, to taste
¼ tsp black pepper
2 large carrots, diced small
1 celery stalk, diced small
1 small onion, diced
2 cups white button mushrooms, diced
3 cups Brussels sprouts, diced small

BREADING

2 cups chicken broth (look for low sodium)
2 eggs
3 cups whole wheat bread, diced
2 tbsp fresh sage leaves, minced
1 tbsp fresh rosemary, minced
1 tbsp fresh thyme
¼ cup pomegranate seeds

Nutrition

Using whole wheat bread for this recipe provides *whole grains*, which are rich in *fiber* and a wide variety of vitamins and minerals, notably *B vitamins*, *selenium* and *magnesium*.

By using a variety of vegetables, you expand the types of vitamins and minerals consumed. Brussels sprouts supply *vitamins K* and *C*, while carrots contain *beta-carotene* (antioxidant), which your body converts to *vitamin A*.

Preparation time	Cook time	Total time	Servings
25 min	40 min	65 min	4

Description

Sneak in some extra vegetables with this stuffing recipe. The herbs bring the recipe to life and the pomegranate seeds add a welcomed sweet crunch. Enjoy!

Directions

1. **Dry Bread:** Set your oven broil to low. Lay bread cubes out on a sheet pan and bake for 8-10 minutes. Flip cubes and bake for an additional 5 minutes, or until golden brown. Then set oven to 350 degrees Fahrenheit.
2. **Cook Vegetables:** In a large pan or medium pot, on medium heat, add oil, celery, onion, carrots and Brussels sprouts. Sauté for 8-10 minutes until vegetables are soft. Then add mushrooms, salt and pepper.
3. **Combine:** In a large bowl, add bread, vegetables, broth, eggs and herbs. Mix ingredients together then pour the mixture into a baking dish.
4. **Bake:** Cover with aluminum foil and bake for 20 minutes. Then, remove foil and bake uncovered for an additional 15 minutes. Remove from oven and sprinkle with fresh herbs and pomegranate seeds.

Notes

Herbs: If you don't have fresh herbs, you can use dried. Use 2 tsp of dried sage and 1 tsp of dried rosemary and thyme.

Dry Stuffing: If your stuffing is dry, add an additional ½ cup of broth and bake covered for an additional 8-10 minutes.

Vegetables: Use your favorite vegetables for the stuffing. We suggest trying cauliflower and winter squash to switch it up.

Original Source: [A Simple Palate](#)