



## Apple-Sausage Dressing

Roasting a turkey breast rather than a whole bird doesn't mean skipping the dressing. Sour dough bread, savory chicken sausage and fruit contribute flavor without the fat of a traditional stuffing.

### INGREDIENTS:

6 slices whole grain, sour dough bread, cubed  
½ cup onion, diced  
1 clove garlic, minced  
½ cup celery, diced  
½ cup granny smith apple, diced  
4 oz. spicy Italian chicken sausage, crumbled or diced  
¼ cup chopped pecans (optional)  
1 cup turkey or chicken broth  
1-2 tsp poultry seasoning  
½ tsp salt  
Black pepper to taste

### PREPARATION:

- Preheat oven to 400 degrees
- Cube bread and place on a baking sheet, dry in hot oven for 10 minutes or until golden
- Heat a medium skillet and gently simmer onion, garlic, celery and apple in ¼ cup of broth until translucent
- Stir in crumbled or diced sausage and nuts (if using) and cook another 5 minutes, add remaining broth to the pan and turn off heat
- Transfer mixture to a large bowl and add toasted bread and seasonings
- Mix with a wooden spoon
- Place the mix in a lightly oiled 9x9 baking dish
- Cover and bake for 30 minutes
- Remove cover and brown the top
- Slice and arrange on a serving platter

**Number of Servings:** 10  
**Calories:** 80 (10 calories higher with nuts)  
**Fat Grams:** 2 (2 grams higher with nuts)

