



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)

