

Harvest Apple Stuffing

6 SERVINGS 30 MINS

Adapted from: budgetbytes.com

INGREDIENTS

- 1 box (6-8 oz) whole grain stuffing mix
- 2 cups low-sodium vegetable broth
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 1 apple, diced (with skin for added fiber)
- 1/2 cup dried cranberries
- Optional: 1/2 cup chopped nuts (walnuts or almonds)
- Spices of choice: sage, thyme, rosemary, and/or parsley
- Salt and pepper to taste



This stuffing recipe is packed with fiber, vitamins, and a touch of seasonal charm. This dish is a perfect addition to your holiday or everyday table.



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Apple Walnut Stuffing

6 SERVINGS 30 MINS

Adapted from: budgetbytes.com

INGREDIENTS

- 1 box (6-8 oz) whole grain stuffing mix
- 2 cups low-sodium vegetable broth
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 1 apple, diced (with skin for added fiber)
- 1/2 cup dried cranberries
- Optional: 1/2 cup chopped nuts (walnuts or almonds)
- Spices of choice: sage, thyme, rosemary, and/or parsley
- Salt and pepper to taste



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PROCEDURE

1. Follow the instructions on the box for preparing the stuffing mix. Use low-sodium vegetable broth instead of water for added flavor.
2. In a large skillet, heat olive oil over medium heat. Add chopped onion, celery, and carrots. Sauté until the vegetables are tender.
3. In a large mixing bowl, combine the prepared stuffing mix with sautéed vegetables, diced apple, dried cranberries, and optional spices of choice. Mix well to ensure even distribution.
4. If you have nuts available and wish to include them, add 1/2 cup of chopped nuts to the stuffing mixture. Mix well.
5. Season with salt and pepper to taste. Adjust the seasoning according to your preference.
6. Transfer the stuffing mixture to a baking dish and bake according to the boxed stuffing mix instructions or until heated through. Alternatively, you can reheat it on the stovetop.
7. Serve warm as a side dish.

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PROCEDURE

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