Apple-Sage Stuffing Cups
Serves 12
Baking your Thanksgiving stuffing in muffin cups gives a crispy top and tender center and your turkey will cook in less time by not pre-stuffing it.

Ingredients
12 slices 100% whole wheat bread, cut into ½-inch cubes (about 8 cups)
2 teaspoons canola oil or butter
2 medium apples, peeled, cored and diced
½ cup diced onion
½ cup diced celery
1 tablespoon chopped fresh sage leaves or 1 teaspoon dried sage
½ teaspoon pepper
¼ teaspoon salt (optional)
¼ cup chopped fresh parsley
1 ½ cup low-sodium chicken or turkey broth
1 egg
Cooking Spray

Directions
1. Preheat oven to 375 degrees.
2. Arrange bread in a single layer on a baking sheet. Bake for 15 minutes, mixing cubes after 8 minutes. Place toasted bread cubes in a large bowl.
3. Heat oil in a large skillet. Add apple, onion, celery, sage, pepper and salt. Saute until tender, about 5 minutes.
4. Add apple mixture and parsley to bread cubes. Toss to combine.
5. In a small bowl whisk together chicken broth and egg. Add to the breadcrumb mixture and gently combine.

Nutritional Information per Serving:
Calories: 126 Carbohydrates: 21g
Total Fat: 2g Cholesterol: 15mg
Saturated Fat: 0g Dietary Fiber: 3g
Protein: 5g Sodium: 248mg