

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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.
6. Spray 12 muffin tins with cooking spray. Fill with stuffing mixture. Lightly spray stuffing with cooking spray. Bake for 20 minutes or until lightly browned.

Nutritional Information per Serving:

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