

# Healthy Stuffing

## Ingredients

4 cups whole-grain bread cubes, from 7 to 9 slices fresh wholegrain bread  
1/2 cup chopped onion  
1/2 cup diced celery  
1/2 cup diced carrots  
1/2 cup diced mushroom  
2-3 cloves of garlic  
2- 2 1/2 cup vegetable broth  
3 tsp of Italian or poultry seasoning  
pepper to taste around 1 tsp  
1/3 cup chopped pecans (optional)

## Directions

- Preheat oven to 350 degrees
- Cut the wholegrain bread into 1/2-inch cubes. Put the bread cubes, Italian seasoning, and salt in a large bowl and toss to combine. Transfer to a large, rimmed baking sheet and bake for 10 to 15 minutes or until the bread is slightly crisp. Put the pan on a wire rack and let cool.
- Heat a large sauté pan. Once heated, add carrots and sauté. Add 1 tsp of vegetable broth at a time as needed to avoid sticking. Add onion, then celery, and mushrooms and finally garlic. Continue cooking until veggies are tender. Now add broth, and cook, stirring occasionally, for 5 minutes, or until some of the liquid has cooked down.
- In a large bowl, add bread stuffing and veggies and broth and toss together until moist but not soaking. Mix in pecans if desired. Taste and adjust seasoning
- Spray casserole dish with cooking spray, add stuffing mix and cover with foil bake 20-25 minutes, uncover and cook additional 10 minutes or until slightly crispy on top
- Number of Servings: 8