



Cran-tastic Apple Cornbread Stuffing



1 heaping cup: 159 calories, 0.5g total fat (0g sat. fat), 375mg sodium, 34g carbs, 3.5g fiber, 15g sugars, 5g protein

Prep: 20 minutes **Cook:** 1 hour 10 minutes



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Ingredients

Cornbread

1/2 cup all-purpose flour
1/3 cup yellow cornmeal
1/4 cup granulated sugar
1/2 tbsp. baking powder
1/8 tsp. salt
3/4 cup canned cream-style corn
1/3 cup fat-free liquid egg substitute (like Egg Beaters Original)
1/3 cup fat-free plain Greek yogurt (like Fage Total 0%)

Stuffing

1 large Fuji apple, cored and chopped
1 sweet onion, chopped
1 1/2 cups chopped celery
1 tsp. chopped garlic
4 slices light bread
1/4 cup sweetened dried cranberries
2 cups fat-free chicken broth
1/2 tsp. dried sage
1/4 tsp. dried thyme
1/8 tsp. salt
1/8 tsp. black pepper

Directions

To make the cornbread, preheat oven to 375 degrees. Spray a loaf pan with nonstick spray and set aside.

In a large bowl, combine flour, cornmeal, sugar, baking powder, and salt. Mix well and set aside.

In a medium bowl, combine corn, egg substitute, and yogurt. Whisk thoroughly. Add mixture to the large bowl and stir until completely mixed.

Pour batter into the loaf pan and bake in the oven for about 25 minutes, until a toothpick inserted into the center comes out clean.

Allow cornbread to cool completely. For speedier cooling, remove it from the pan once slightly cooled.

To make the stuffing, set oven temperature to 350 degrees. Spray a 13" X 9" baking pan with nonstick spray and set aside.

Bring a large skillet sprayed with nonstick spray to medium-high heat on the stove. Add apple, onion, celery, and garlic. Stirring often, cook until softened, about 5 minutes. Transfer to a large bowl and set aside.

Lightly toast bread slices. Meanwhile, chop cranberries and add to the large bowl. Tear toasted bread into bite-sized pieces and add to the bowl as well.

Crumble cornbread into pieces and add to the bowl. Add broth and spices, and gently stir to combine. Transfer contents to the baking pan.

Bake in the oven until firm, 35 - 40 minutes. Let cool slightly before serving. Enjoy!

MAKES 8 SERVINGS

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