

SKINNY STUFFING



Total Time **60 min** Prep **30 min**, Cook **30 min**

Servings **12 (about 1/2 cup each)** Calories **66 / Fat 2g / Carbs 11g / Protein 2g**

One of the tricks to making low-carb turkey stuffing is to use a lot of vegetables. Another is to use a bread made without a lot of starch. This stuffing can be cooked inside a turkey or chicken, cooked on the stovetop, or baked in the oven in a casserole dish. You may think it sounds like there is an overwhelming amount of celery in this dish, but it actually cooks down so much that it works.

Ingredients

- 8 slices whole wheat reduced calorie or high fiber bread
- 1 tablespoon olive oil
- 1 large onion, chopped
- 6 cups chopped celery
- 1 medium green bell pepper, chopped
- 2 cups chopped parsley
- 4 teaspoons poultry seasoning, such as Bells
- 1/2 teaspoon ground black pepper
- 1 cup water, plus more according to moisture needed

Preparation

- 1) Allow the bread to dry out for awhile, either on the counter or in a low oven. It doesn't have to be totally dry, just kind of stale-level dry.
- 2) Saute onion, celery, and bell pepper until soft. Add parsley and cook for a minute or so, until wilted. Add seasonings.
- 3) Mix together the vegetables and the bread. Add a cup of water, stir, and taste. Adjust seasoning and moisture.

Cooking Tips

If you're going to stuff poultry with it, leave it on the dry side because it will absorb a lot of juices during cooking.

You can eat it just as it is, but if you bake it, the flavors will come together better. Mix well and bake at 350 F for about half an hour, or until browned on top.