

Thanksgiving Stuffing

For this whole grain stuffing with walnuts, I grate or chop my veggies ahead of time to speed up the prep time on busy holiday mornings. You can even assemble this entire dish the night before cold and just pop it into the oven as your guests arrive.

Serves 6 to 8, makes 7 cups of stuffing

Ingredients

5 whole grain or whole wheat English muffins
3 cups low-sodium, fat-free chicken broth
1 teaspoon garlic powder
½ teaspoon paprika
¼ teaspoon freshly ground black pepper
2 tablespoons olive oil
2 medium carrots, grated
1 large onion chopped
2 stalks of celery, chopped
1 8-ounce package Cremini or white button mushrooms
½ teaspoon salt

Directions

Cut or tear the English muffins into 1x1-inch pieces and place in a large bowl. Add the chicken broth, garlic powder, paprika, and black pepper and stir well. Set aside while you cook the vegetables.

Warm the olive oil in a large skillet over medium high heat. Add the carrots, onions, celery, mushrooms and salt. Cook 8 to 10 minutes, stirring occasionally until the vegetables start to soften but do not brown. Reduce the heat and add 1 tablespoon of water if they start to brown.

Add the vegetables to the bread mixture along with the walnuts. Stir well and transfer to a 8x8-inch baking dish and bake 25 to 30 minutes until stuffing is hot and most of the liquid is absorbed by the bread. Serve immediately.

Complete Your Thanksgiving Feast

Scalloped Potatoes, Cranberry Sauce, Gingerbread Cookies

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!