

Pecan and Sausage Stuffing

By Barbara Gollman, MS, RD

Servings: 12 (1/12 of Pan Per Serving)

Prep Time: 20 Minutes

Cook Time: 45 Minutes

This recipe transcends culinary boundaries as it blends the pecans favored by Southerners and sausage by Italians into one delicious stuffing.

Ingredients

Olive oil cooking spray
 1 ½ cups chopped celery
 1 ½ cups chopped onion
 1 jalapeno pepper, finely minced
 12 ounces turkey Italian sausage, or other reduced-fat sausage, casing removed
 3 egg whites
 1 egg
 1 to 1 ½ cups fat-free milk, divided
 2 to 2 ½ cups fat-free chicken broth, divided
 6 fresh sage leaves, finely minced, or 1 teaspoon dried sage
 2 teaspoons poultry seasoning
 ½ teaspoon salt, or to taste
 ¼ teaspoon ground black pepper, or to taste
 1 14-ounce package dried bread cubes
 1 6-ounce package corn bread stuffing mix with seasoning packet, if provided
 1 14-ounce can mushroom pieces, drained
 ½ cup chopped toasted pecans

Directions

1. Coat a large skillet with the cooking spray. Add the celery, onion and jalapeno pepper. Cook over medium heat, covered, stirring occasionally. When the vegetables are soft, remove from the skillet and set aside. (This can be done one day in advance and refrigerated).
2. In the same skillet, crumble the sausage and slowly cook until no longer pink. Use a fork to break the sausage into very small pieces.
3. Beat the egg whites and the egg with ¾ cup milk and 1 cup chicken broth. Add the sage, poultry seasoning, salt and pepper.
4. In a large mixing bowl, layer the bread cubes, corn bread mix, cooked vegetables, sausage, mushrooms and pecans. Add the egg mixture and mix gently, using gloved hands. Continue to add milk and broth until the mixture is quite moist, but not mushy. (This can be done several hours in advance.) Cover and refrigerate.

Nutrition Facts	
Serving Size: 1/12 of Pan	
Amount per serving	
Calories 260	
	% Daily Value*
Total Fat	8g
	Saturated Fat 1.5g
Cholesterol	25mg
Sodium	870mg
Total Carbohydrate	35g
	Dietary Fiber 3g
Protein	12g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	



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5. Preheat oven to 350°F. Coat a 9 x 13-inch baking dish with the cooking spray and add the stuffing. Spray the top with cooking spray before baking. Bake 35 to 45 minutes, until the top is brown and the center is firm.

Cooking Tip

Vegetables may be sautéed a day ahead, and the ingredients may be combined early and refrigerated until ready to bake. This stuffing recipe freezes very well, so enjoy it later with pork chops or baked chicken.

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