

Grandma's Stuffing

This stuffing has flavor and crunch from the apples, celery, and onions. Whole wheat bread gives this recipe a boost of whole grains.

Makes: 8 servings

Ingredients

- 8 slices whole wheat bread, cubed
- ? cup water
- ½ cup onion, chopped
- ½ cup celery, chopped
- 1 teaspoon parsley, dried (or 1 tablespoon fresh parsley, chopped)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ cups milk
- 1 egg, lightly beaten
- 2 apples, diced (optional)
- ¼ cup dried cranberries (optional)



Directions

1. Preheat oven to 350°F.
2. Put bread cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt, and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.

4. Stir in milk and egg. Gently stir in apples and cranberries, if using.
5. Spoon into a greased 2-quart baking dish.
6. Bake for 1 hour.

Recipe from: University of Wisconsin Cooperative Extension Service, Family Living Program, adapted by the USDA Food and Nutrition Administration.

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