Apple-Cranberry Stuffing
in a new light

Makes: 8 servings
Prep Time: 15 minutes
Cook Time: 55 minutes
Difficulty: Easy

Ingredients:
- 2 teaspoons canola oil
- 1 1/2 cups chopped onion
- 1 1/2 cups chopped celery
- 1 small red bell pepper, chopped
- 2 medium Granny Smith or other firm, tart apple, cored and cut into 1/4-inch cubes
- 1 cup fresh or thawed frozen whole cranberries
- 1 cup evaporated low-fat (2%) milk
- 2 large eggs
- 3 tablespoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground black pepper
- 3 ounces Hawaiian sweet bread or challah, cut into 1/2-inch cubes and toasted
- 3 ounces country-style whole wheat bread, cut into 1/2-inch cubes and toasted

Directions:

Preheat oven to 350°F. Spray an 8-inch square baking dish with nonstick spray.

In large nonstick skillet, heat oil over medium heat. Add onion, celery, and bell pepper; cook, stirring occasionally, until onion is translucent, about 8 minutes. Add apples and continue cooking until softened slightly, 5–8 minutes more. Stir in cranberries and cook, stirring occasionally, until the cranberries begin to soften, about 6 minutes. Remove from heat and let cool slightly.

In small bowl, whisk together milk, eggs, honey, cinnamon, and black pepper; set aside. In large bowl, combine bread cubes with cooled apple-onion mixture and gently toss. Pour in egg-milk mixture and gently toss to coat. Spoon into prepared dish and bake until top is lightly browned and center is set, 30–35 minutes.

Nutritional Information: Per serving (3/4 cup): 180 calories, 4 g fat (0.5 g saturated, 0 g trans), 55 mg cholesterol, 170 mg sodium, 31 g carbohydrate, 4 g fiber, 7 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.