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.

Southern-Style Sausage Stuffing with Apples and Walnuts
in a new light

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

Ingredients:

- 2 teaspoons canola oil
- 1/2 pound Italian turkey sausage, casings removed
- 1 onion, finely chopped
- 2 celery stalks, finely chopped
- 3/4 pound shiitake mushrooms, stems discarded, caps sliced
- 1 Granny Smith apple, peeled, cored, and chopped
- 1/4 cup toasted walnuts, coarsely chopped
- 1/4 cup chopped fresh parsley
- 6 slices day-old reduced-carbohydrate 7-grain bread, crusts removed, cubed
- 1 1/2 cups low-sodium chicken broth
- 1 large egg
- 1 egg white
- 3/4 teaspoon salt-free poultry seasoning
- 1 tablespoon unsalted light butter, melted

Directions:

Preheat the oven to 375°F. Spray a 1 1/2-quart baking dish with nonstick spray.

Heat the oil in a large nonstick skillet over medium-high heat. Add the sausage, onion, and celery and cook, stirring to break up the sausage, until the sausage is browned and the vegetables are tender, about 8 minutes. Add the mushrooms and cook, stirring occasionally, until the mushrooms are tender, about 8 minutes. Add the apple and cook, stirring, until the apple is crisp-tender, about 4 minutes. Remove from the heat; stir in the walnuts and parsley. Let cool slightly.

Combine the bread cubes, sausage mixture, chicken broth, egg, egg white, and poultry seasoning in a large bowl; toss to mix well. Spoon the stuffing into the baking dish, then drizzle with the melted butter. Cover the dish loosely with foil and bake until heated through, about 25 minutes. Remove the foil and bake until golden brown on top, about 10 minutes longer.

Nutritional Information: Per serving (generous 1/2 cup): 180 calories, 9 g fat (1 g saturated, 0 g trans), 45 mg cholesterol, 300 mg sodium, 17 g carbohydrate, 3 g fiber, 10 g protein.