

HEARTY HARVEST STUFFING

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving = 1/8 of dish)

Nutrition (per serving)

Calories: 210

Total Carbohydrate: 17 g

Total Fat: 5 g

Dietary Fiber: 3 g

Saturated Fat: 2 g

Protein: 22 g

Sodium: 395 mg



Ingredients

- 2 teaspoons olive oil
- 4 cups sliced mushrooms
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 cup chopped onion
- ½ teaspoon dried thyme
- 3 cloves garlic, minced
- 2 cups cooked diced chicken
- ½ teaspoon ground black pepper
- 1 ½ cups skim milk
- 1 teaspoon dry mustard
- ½ teaspoon red pepper flakes
- 1 cup egg substitute
- ½ cup low sodium, fat-free cream of mushroom soup (choose gluten free for GF version)
- 5 cups whole grain bread, cut into 1-inch cubes (choose gluten free for GF version)
- Cooking spray
- 1/3 cup Parmesan cheese



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Directions

1. Preheat oven to 350° Fahrenheit.
2. Heat oil in large skillet over medium heat. Add mushrooms, celery, green pepper, onion, thyme, and garlic, cooking until tender.
3. Stir in chicken and black pepper. Remove from heat and cool slightly.
4. Combine milk, mustard, red pepper, egg substitute, and soup in a large bowl, stirring with a whisk or fork. Stir in vegetable/chicken mixture and bread; toss to coat.
5. Spoon into an 8" x 8" baking dish coated with cooking spray.
6. Bake for 20 minutes. Sprinkle with cheese then bake for 30-40 more minutes, until golden on top and liquid is absorbed.