

Grandma's Stuffing

Enjoy this classic holiday dish with whole wheat bread, fresh veggies and apples, and a delightful blend of spices. This recipe is sure to please a crowd!

Makes: 8 servings

Recipe Source: www.choosemyplate.gov

Ingredients

- 10 cups whole wheat bread cubes (or white bread or buns, dry)
- 1/3 cup water
- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 1 egg (lightly beaten)
- 2 apples (optional - medium, pared, cored and chopped, or 1/4 cup raisins)

Directions

1. Preheat oven to 350 degrees.
2. Put 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 raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.



Small Changes, BIG Difference!

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Nutrition Information

Serving Size: 1/8 recipe

Nutrients	Amount
Calories:	140
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	24 mg
Sodium:	306 mg
Total Carbohydrates:	22 g
Dietary Fiber:	3 g
Total Sugars:	5 g
Added Sugars:	2 g
Protein	8 g

Utensils Needed

- Knife
- Cutting Board
- Mixing Spoon
- Bowl
- Measuring spoons
- Saucepan
- Baking dish

SHOPPING LIST

Average total cost without oil and seasonings: \$11.43

Average cost/serving: \$1.42

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Onion (medium): \$.70



Add 1 to cart
Parsley (0.4 oz): \$.98



Add 1 to cart
Celery (bunch): \$1.29



Add 1 to cart
Raisins (six-pack): \$1.00



Add 2 to cart
Apples: \$1.98



Add 1 to cart
Eggs (large): \$1.96



Add 1 to cart
Whole wheat bread (16 oz): \$1.99



Add 1 to cart
Milk (64 oz): \$1.53

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Choose whole wheat or whole grain bread for added nutrients, including fiber.
- Use skim or 1% milk to cut back on calories.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Bread Pudding in the Microwave
 - Veggie Skillet Eggs