

## Cornbread and Apple Stuffing

1 tablespoon extra-virgin olive oil  
1 small onion, chopped (1 cup)  
1 large stalk celery, diced (1/2 cup)  
2 red apples, such as Cortland, diced  
½ cup golden raisins  
2 cloves garlic, minced  
1 teaspoon dried rubbed sage  
1 teaspoon dried thyme leaves  
1 cup reduced-sodium chicken broth or vegetable broth, divided  
Fresh ground pepper to taste  
½ cup apple cider or apple juice

1. Prepare Wholesome Cornbread. (See Below.)
2. When the cornbread has cooled, crumble into rough chunks (you should have about 6 cups). Spread the chunks and crumbs out on a large baking sheet. Toast in the oven, stirring occasionally, until crisp but not browned, 25 to 30 minutes. Let cool.
3. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and celery; cook, stirring, until softened, about 5 minutes. Add apples, golden raisins, garlic, sage and thyme; cook, stirring, for 2 minutes. Add ½ cup broth and cook until most of the liquid has evaporated, 5 to 6 minutes. Season with pepper. Transfer to a large bowl.
4. Add the toasted cornbread and toss to mix. Drizzle cider (or apple juice) and the remaining ½ cup broth over the mixture and toss until evenly moistened. (To stuff a turkey, let the mixture cool completely. Place about 5 cups of it loosely in turkey cavities; heat the remainder of the stuffing separately.)
5. Transfer the stuffing to a 3-quart baking dish coated with cooking spray. Cover with foil. Bake for 35 to 45 minutes, or until heated through. For a crisp top, remove the foil for the last 15 minutes.

Makes 12 servings, about 2/3 cup each

Per serving: 70 calories, 2 grams fat, 14 grams carbohydrate, 86 mg sodium, 2 mg cholesterol, 1 gram fiber

Both recipes are from *The Essential Eating Well Cookbook*, available at Barnes & Noble.

This cornbread stuffing is well worth straying from grandma's traditional time tested recipe. My husband, who tested this recipe, pulled out cornbread we had previously frozen to shorten the preparation time. Feel free to use your own cornbread recipe or follow the one included below. (I did not test it but it looks pretty straightforward.) Enjoy and Happy Thanksgiving!

## **Wholesome Cornbread**

1¼ cups yellow cornmeal  
¾ cup whole-wheat flour  
3 tablespoons sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt (optional)  
1 large egg, lightly beaten  
1¼-cups buttermilk  
2 tablespoons olive oil

1. Preheat oven to 350°. Coat an 8-inch square baking pan with cooking spray.
2. Whisk cornmeal, flour, sugar, baking powder, baking soda and salt in a large bowl. Whisk egg, buttermilk and oil in a separate bowl. Add to the dry ingredients and stir until just combined. Scrape the batter into the prepared pan, spreading evenly.
3. Bake the cornbread until the top springs back when touched lightly, 25 to 30 minutes.

**Makes 9 servings**

Per serving: 161 calories, 5 grams fat, 25 grams carbohydrate, 285 mg sodium, 25 mg cholesterol, 3 grams fiber

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**Candace and Laura**