



## Healthy Thanksgiving Stuffing Recipe

### Ingredients:

1/4 cup light butter  
1 cup minced onion  
3/4 cup celery  
3/4 cup grated carrot  
1 tsp ground cardamom  
1 tbsp dried thyme  
2 tbsp chopped fresh parsley  
2 bay leaves  
1 loaf of whole-grain bread, chopped into small pieces  
1 cup raw oats  
2 eggs, beaten  
2 cups vegetable broth

### Directions:

First preheat the oven to 350 degrees. Next, melt the butter in a skillet over medium heat until bubbling. Add in the onion, celery, carrot, cardamom, thyme, parsley, and bay leaves, cooking until the vegetables feel tender.

Next, take the bay leaves out of the skillet and combine a large bowl the bread, oats, and vegetables. Sprinkle with salt and pepper.

Third, mix together the eggs, beating until frothy. Drizzle the eggs over the mixture until coated and then add the vegetable broth to the bowl until the stuffing is moist but not soggy.

Transfer this to a casserole dish and bake for about 30 minutes.