



Ezekiel Bread Stuffing

Ingredients

- 8 slices toasted Ezekiel bread (If you want increase the sweetness of the stuffing, try Ezekiel raisin bread)
- 2 cups low sodium chicken broth
- 2/3 shallot (chopped)
- 1 tbsp minced garlic
- 2 celery stalks (chopped)
- 1 (red) bell pepper (chopped)
- Fresh rosemary twig
- Seasonings: 1 tsp sage, 1 tsp cumin, sea salt and pepper to taste



Directions

1. Set oven to 375 F.
2. Lightly toast pieces of Ezekiel bread and then cut into small cubes. Place in a large bowl or baking dish.
3. Place a nonstick skillet on medium heat and lightly spray with olive oil.
4. Add garlic and shallots to the skillet and cook until brown.
5. Cut celery and bell pepper into small pieces and add to the skillet.
6. Reduce the heat of the skillet to low medium and pour 1 cup of chicken broth to the mixture and stir.
7. Add seasonings and your rosemary twig to the skillet. Cover and let it simmer for about 10 minutes.
8. Remove the rosemary twig and then pour the broth and veggies over the bread cubes. Stir with a large spoon or spatula. Add remaining cup of chicken broth and continue to stir until the bread absorbs the broth. If your stuffing is a little dry after adding the chicken broth, add a few tablespoons of chicken broth until it is moist.
9. Bake in the oven for about 20 minutes. Remove and then stir with a spoon again. If you see the stuffing is a little dry, add a few more tablespoons of chicken broth and place back in the oven and bake for another 15-20 minutes.

Nutrition Facts

Serving Size: 1 serving
Recipe yields 5
Calories: 142
Total Fat: 1 g
Total Carbs: 142 g
Protein: 8 g