

## Apple Stuffing

### Serving Information

Serves 16 (1 serving = 1/2 Cup)

### Ingredients

- 1 cup water
- 2 cups low sodium broth
- 1 box low sodium stuffing mix
- 1 ½ cups whole grain quick cook (minute) rice
- 1 Tbs olive oil
- 1 cup thin sliced apple (1 medium)
- ½ cup diced onion
- ½ cup diced celery

### Equipment

- 2 medium saucepans
- Large skillet
- Measuring cups and spoons
- Casserole dish

### Directions

1. In a medium sauce pan, combine 1 cup water with ½ cup low sodium broth and bring to a boil.
2. Stir in low sodium stuffing mix, cover, and set aside.
3. In a separate medium sauce pan, bring 1 ½ cup low sodium broth to a boil.
4. Stir in rice, cover and reduce heat and simmer 5 minutes. Set aside.
5. Add olive oil to a large skillet. Sauté apples, onion, and celery until tender.
6. Stir together stuffing, rice, and apple/onion/celery mix. Serve.

<b>Nutrition Facts</b>			
Serving Size 1/2 cup cup (1g)			
Serving Per Container 16			
<b>Amount Per Serving</b>			
<b>Calories</b> 78	Calories from Fat 6.5		
			<b>% Daily Values*</b>
<b>Total Fat</b> 0.7g			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 155mg			<b>6%</b>
<b>Total Carbohydrate</b> 16g			<b>5%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 2g			<b>4%</b>
<b>Vitamin C</b> 1%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g