

Very Veggie Stuffing

Ingredients:

- 1 large loaf bread (whole grain or French)
- 1/2lb Brussels sprouts cut into halves or quarters
- 1 cup butternut squash, cubed
- 1 cup sweet potato, cubed
- 1/2 red onion, cubed
- 2 Tbsp olive oil
- 1 Tbsp dried basil leaves, divided
- 2 tsp rubbed sage, divided
- 2 tsp thyme leaves, divided
- 6 Tbsp butter or margarine
- 2 cups reduced sodium vegetable broth

Directions:

- Wash hands and preheat oven to 400F.
- Place brussels, squash, potato, onion, olive oil, 1/2 Tbsp tsp basil, 1 tsp sage and 1 tsp thyme in a large bowl and stir to coat evenly.
- Put seasoned mixture on a baking pan and roast at 400F for 20-30 minutes, until softened. Reduce oven heat to 350F once finished.
- Cut or tear bread into 1" pieces. place in 9x13" baking dish.
- Dollop butter on top of bread in 6-8 spoonful.
- Add remaining herbs and pour broth over the mixture.
- Add in cooked veggies to the 9x13, cover with foil and bake at 350F for 30 minutes.
- Uncover and cook for an additional 10 minutes.

For more information on nutrition please contact
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