



Kiwi Organics Chef's Choice

Polenta Cookbook

basic stuffing

- 2 1/2 cups low fat, low sodium chicken stock/broth
- 3 onions, diced
- 6 cups diced whole-grain bread
- 1 tablespoon paprika
- 1/4 cup egg substitute
- Salt and pepper to taste

In a skillet over medium-high heat, heat 1/2 cup of the chicken broth. Add the onions and cook for 10 minutes until onions have softened.

In a bowl, combine the cooked onions, remaining broth, bread, paprika, egg substitute and salt and pepper. Mix well.

Place mixture inside the cavity of a turkey or place it in a casserole dish. If stuffing is to be baked separately from the turkey, place stuffing in a preheated 350°C oven and bake for 45 minutes.

Stuffing Variations:

Corn Bread Stuffing: Replace 3 cups of the whole-grain bread with 3 cups cornbread.

Herb Stuffing: Add 1 tablespoon mixed chopped sage, rosemary, and parsley.

Fruit Stuffing: Add 1/2 cup diced tart apples, washed cranberries, or diced pears.

Sweet Stuffing: Add 1 teaspoon allspice, cinnamon, nutmeg, or ginger.

Mushroom Stuffing: Add 1 cup sliced sautéed mushrooms (white or wild), sautéed with the onions.

Chestnut Stuffing: Add 1 cup roasted chestnuts, peeled. To save time, use a jar of water-packed chestnuts instead of roasting the chestnuts.

Dried Fruit Stuffing: Add 1 cup diced dried apricots, apples, figs, cranberries, or cherries.

