

Cranberry Apple Stuffing Muffins

A perfectly portioned low fat version of a holiday favorite!

Ingredients:

2 tsp canola oil	1 large Granny Smith apple, peeled,
3 celery stalks, finely chopped cored/chopped	1 cup dried cranberries
1 medium onion, finely chopped	pinch of salt (optional)
2 tsp fresh chopped thyme	1 tsp freshly ground black pepper
2 tsp fresh chopped sage	1 large egg, beaten
2 tsp fresh chopped rosemary	2 cups fat-free, low sodium chicken broth
8 cups unseasoned bread crumbs dried/ toasted	



Directions:

Coat a 12-cup muffin pan with nonstick cooking spray. Preheat oven to 375 degrees. Heat oil on medium heat in a large skillet. Sauté celery, onion, and herbs for 5 minutes. Add apples and sauté for 2-3 minutes. Remove from heat. Place bread crumbs and dried cranberries in a large mixing bowl. Add sautéed vegetables. Season with a pinch of salt, if desired and some freshly ground black pepper. Add egg followed by broth. Stir everything well. Spoon stuffing mixture into muffin tin. Bake for 18-20 minutes, until golden.

Nutritional Information

Makes 12-15 stuffing muffins

Recipe Source: University of Michigan Health System, Patient food and Nutrition Services.

Per muffin:

Calories 138

Calories from fat 21

Total fat 2.3g (sat 0.4g)

Cholesterol 18mg

Sodium 260mg

Carbohydrate 24.8g

Protein 4.4g