

Pear, Prosciutto & Hazelnut Stuffing

Crisping the prosciutto and toasting the nuts adds a powerful punch of flavor to the stuffing without going overboard on fat.

Ingredients

3 tsp extra-virgin olive oil, divided
4 ounces prosciutto, thinly sliced, cut into ribbons
2 cups onion, chopped
2 cups diced fennel bulb
1/4 cup minced shallot
2 tsp minced fresh sage
2 tsp minced fresh thyme
1 tsp minced fresh rosemary
8 cups stale baguette, preferably multi-grain
(not sourdough), cut into 1/2 inch cubes
2 Bosc pears, ripe but firm, chopped
1/3 cup chopped flat-leaf parsley
1/3 cup chopped hazelnuts, toasted
1 14-ounce can reduced sodium chicken broth
1/4 tsp salt
Freshly ground pepper, to taste

Instructions

Step 1. Preheat oven to 350 degrees F. Coat a 9x13 inch baking dish with cooking spray.

Step 2. Heat 1 tsp oil in a large nonstick skillet over medium heat. Add prosciutto, cook, stirring until crispy... about 5 minutes. Drain on a paper towel.

Step 3. Wipe out the pan and heat the remaining 2 tsp oil over medium-high heat. Add onion, fennel and shallot and cook, stirring until softened and beginning to brown...6-8 minutes. Add sage, thyme, and rosemary and cook, stirring for 1 minute or more. Transfer everything to a large bowl and gently stir in bread, pears, parsley, hazelnuts, and the prosciutto. Add broth, toss to combine. Season with salt and pepper. Spoon the stuffing into the prepared baking dish. Cover with foil.

Step 4. Bake for 40 minutes, remove the foil and bake until the top is beginning to crisp...25-30 minutes or more.



Nutritional Information

Servings: 12 (2/3 cup each)

Calories: 176

Fat: 5g

Cholesterol: 8mg

Protein: 9g

Carbohydrates: 29g

Fiber: 6g

Sodium: 489mg

Potassium: 283mg

Recipe Source from EatingWell.