

Gluten Free Corn and Sausage Stuffing

INGREDIENTS

1 cup gluten free bread cut into small cubes
¼ cup small diced yellow onions
½ cup fresh or frozen corn kernels
1½ tsp fresh chopped sage
1 egg
1½ cups seasoned vegetable broth
4 oz. cooked and diced turkey sausage
2 tbsp earth balance
salt and black pepper to taste

Number of Servings: 4
Serving Size: ½ cup
Calories per Serving: 118
Total fat: 5 g
Sugars: 1 g

PREPARATION

1. Heat oven to 400°.
2. In a medium saucepot add the earth balance, onions, sage, corn and the sausage and cook slowly for 5 minutes with no color.
3. In a medium bowl, add the bread, egg and half of the broth.
4. Add the cooked items to the bread mixture and mix. Add more broth if necessary, the mixture should be moist, add the salt and pepper.
5. In a small pan, coat with non-stick spray, add the stuffing and pack evenly. Bake covered for 25 minutes then remove the cover for 10 minutes or until crusty on top.

Created by:
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