

VEGETABLE STUFFING



INGREDIENTS

2 c diced celery, with leaves
3 c non-fat low sodium chicken broth
1/2 c diced onion
1 T butter
2 c. diced carrots
2 c. broccoli or cauliflower florets broken into small pieces
3 eggs or 4 egg whites well beaten
1 T salt if desired
1 t black pepper
1/4 teaspoon each of sage and rosemary
1 pinch thyme

DIRECTIONS

1. Melt butter in saucepan. Sauté onion in melted butter until softened. Add celery, carrots and broc-coli or cauliflower. Stir well and add 2 cups bouil-lon mixture. Bring to a boil. Cover and simmer for 10 minutes.

2. Combine eggs, salt, pepper, sage, thyme and rosemary a in mixing bowl. Add cooled off vegeta-ble mixture. Mix thoroughly. Add more chicken broth for moisture of needed. Lightly grease a baking pan with butter. Spoon stuffing into pan and bake for approximately 45 minutes at 350 degrees. Remove when browned.