

Cranberry Sage Stuffing



Recipe Courtesy Chef Bryan Woolley

- 6 cups whole wheat bread, cut into small cubes
- ½ cup freshly chopped sage
- 1 tbsp fresh thyme
- ¼ cup freshly chopped chives
- 2/3 cups fat free chicken stock
- ½ cup dried sweet cranberries
- ½ cup golden raisins
- ½ cup toasted almonds
- 3 tbsp extra virgin olive oil
- Salt and freshly cracked pepper to taste

1. Cut each piece of bread into small cubes.
2. Place cut bread into a large bowl.
3. Drizzle olive oil onto the bread to lightly coat.
4. Sprinkle with salt and freshly cracked pepper.
5. Place into a 350 degree oven for approximately 20 minutes or until bread pieces have dried out and become golden.
6. Remove from oven and allow bread to cool.
7. Place cooled bread pieces into a large bowl and add, sage, thyme, chives, cranberries, golden raisins, and toasted almonds. Toss to incorporate all ingredients.
8. Pour chicken stock over stuffing.
9. Place stuffing into an oven proof casserole dish, cover with aluminum foil and bake in a 350 degree oven for 30 minutes.
10. Serve and enjoy!

Nutrition Facts

Serving Size: 1/8 recipe

Calories	251
Total Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Sodium	227mg
Carbohydrates	49g
Dietary Fiber	5g
Sugars	17g
Protein	7g

Diabetic Exchanges

Protein	1
Fat	2
Carbohydrates	3

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