

Harvest Apple Stuffing

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Ingredients:

Nonstick cooking spray.

½ cup of apple juice.

1 cup of carrots, shredded.

1 cup of celery, chopped.

½ cup of onion, chopped.

¼ teaspoon of nutmeg.

8 cups of cornbread dry cubes.

2 cups of apple, peeled and chopped.

½ cup of walnuts, chopped.

¼ cup of wheat germ, toasted.

1 cup of chicken broth, defatted.

Directions:

Preheat your oven to 350°F (180°C).

Coat a large skillet with nonstick cooking spray.

Add the apple juice, shredded carrots, chopped celery and chopped onion; cook until tender.

Stir in the nutmeg.

Lightly coat a 3-4 quart casserole dish with nonstick coating spray.

Place the cornbread cubes, apple, walnuts and wheat germ in casserole dish and toss lightly.

Add the onion mixture.

Drizzle with enough broth to moisten and toss lightly again.

Bake for about 35 minutes.