

Sausage Cornbread Dressing

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/salads-sides/sausage-corn-bread-dressing>

Ingredients

Corn Bread:

- 1 cup all-purpose flour
- 1 cup cornmeal
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup buttermilk
- 1/4 cup unsweetened applesauce
- 2 egg whites

Dressing:

- 1 pound turkey Italian sausage links, casings removed
- 4 celery ribs, chopped
- 1 medium onion, chopped
- 1 medium sweet red pepper, chopped
- 2 medium tart apples, chopped
- 1 cup chopped roasted chestnuts
- 3 tablespoons minced fresh parsley
- 2 garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1 cup reduced-sodium chicken broth
- 1 egg white

Instructions

To make the corn bread:

1. For corn bread, combine the first five ingredients in a large bowl. Combine the buttermilk, applesauce and egg whites; stir into dry ingredients just until moistened.



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1. Pour into a 9-in. square baking dish coated with cooking spray. Bake at 400° for 20-25 minutes or until a toothpick inserted near the center comes out clean.
2. Cool on a wire rack. Can be made up to 2 days in advance.
3. Refrigerate until firm.

To make the dressing:

2. In a large nonstick skillet, cook the sausage, celery, onion and red pepper over medium heat until meat is no longer pink; drain. Transfer to a large bowl.
3. Crumble corn bread over mixture. Add the apples, chestnuts, parsley, garlic, thyme and pepper. Stir in broth and egg white.
4. Transfer to a 13-in. x 9-in. baking dish coated with cooking spray. Cover and bake at 325° for 40 minutes.
5. Uncover; bake 10 minutes longer or until lightly browned.

Makes 16 servings

Nutrition information per serving

Calories: 120	Dietary Fiber: 1g
Total Fat: 3.5g	Sodium: 460mg
Carbohydrates: 17g	Protein: 7g