

Whole-Grain Stuffing with Cranberries and Walnuts

From the American Institute for Cancer Research
<http://www.aicr.org/foods-that-fight-cancer/cranberries.html#recipes>

Ingredients

- 1 24-oz. loaf sliced 100% whole wheat bread, one day old
- 2 cups dried cranberries, or mix of dried cranberries, cherries, and golden raisins
- 2 tsp. canola oil
- 1 medium onion, chopped
- 1 bunch scallions (green onions), trimmed and finely chopped
- 2 tsp. dried thyme, or to taste
- ½ cup chopped walnuts
- ¼ cup finely chopped flat-leaf parsley
- ¼ cup chopped fresh chives
- Salt and freshly ground black pepper, to taste
- 3 ½ cups (about) canned non-fat, reduced sodium chicken or vegetable broth, heated

Instructions

1. Preheat oven to 250. Arrange bread slices on oven rack and leave in until dry but not brown, about 30 min. Shut off oven to cool bread until easily handled, and then transfer bread to large bowl.
2. Turn oven back on, to 325 degrees.
3. Place dried fruit in large, heat-proof bowl and cover with very hot water. Let stand until water is lukewarm. Drain and set fruit aside in large bowl.
4. Heat nonstick pan over medium-high heat until very hot. Place oil in pan. Add onion and sauté, stirring constantly, until translucent and golden. Stir in scallions and thyme. Transfer mixture to bowl of drained fruit.
5. Heat broth until hot.
6. Meanwhile, in large bowl, break bread into coarse crumbs. Mix in fruit, onions, walnuts, parsley, and chives. Season to taste with salt and pepper.
7. Tossing gently and constantly, add enough hot broth until mixture is moist but not wet (amount may depend on type of bread). Taste and adjust seasoning if necessary.
8. Lightly grease 9x13" pan and transfer stuffing. Cover with foil, sprayed, shiny side up.
9. Bake about 1 hour. If crisp top is desired, remove foil halfway through baking time.
10. Serve immediately or store in airtight container in fridge for up to 2 days.

Makes 18 servings (1/2 cup each)

Nutrition information per serving:

Calories	175
Carbohydrate	28 g
Dietary Fiber	4 g
Protein	6 g
Total Fat	4 g
Sodium	293 mg (may depend on salt added)

