



WEIGHT ★ NO ★ MORE DIET CENTERSM



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BREAD STUFFING

Intermediate Lifestyle

Ingredients

- 1 16-oz. loaf French bread, cut into 1-inch cubes
- 3 TBS reduced-calorie stick margarine
- 1-1/2 cups chopped celery
- 3/4 cup chopped onion
- 1/4 cup water
- 1/2 TSP Morton's Lite salt
- 1/2 TSP rubbed sage
- 1/2 TSP dried thyme
- 1/4 TSP pepper
- 1 10-1/2 oz. can low-sodium chicken broth
- vegetable cooking spray (such as canola)

Instructions

1. Place bread cubes in a layer on a jelly-roll pan.
2. Bake at 350° for 12 minutes or until toasted. Place in a bowl.
3. Melt margarine in a saucepan over medium heat. Add celery and onion. Sauté 10 minutes. Remove from heat. Stir in water and next 5 ingredients (water through broth). Add bread cubes, tossing to coat. Spoon into a 2-quart casserole coated with cooking spray. Cover. Bake at 375° for 30 minutes.

Portion-Per-Serving Information: (Yields 10 servings)

Serving = 1/2 cup = 1 G