

## Stuffing

1 cup canned chicken broth  
16 slices white bread  
1 cup celery, chopped  
1/2 cup onion, chopped  
2 tbsp. lowfat margarine  
1 tsp. poultry seasoning  
1/4 tsp. pepper  
1 apple, peeled, chopped  
1 tsp. butter-flavored sprinkles

Preheat oven to 300°F. Place canned chicken broth in refrigerator for 1 hour or longer. Open can and skim off fat layer.

Cut bread into 1/2" cubes. Spread into a single layer in a shallow baking pan. Bake for 10-15 minutes or until dry, stirring twice. Or, let bread cubes stand, at room temperature for 8-12 hours.

In a small saucepan, cook the celery and onion in lowfat margarine until tender. Remove from heat. Stir in the poultry seasoning and pepper. Place dry bread cubes in a mixing bowl. Add the onion mixture and apple. Combine the defatted broth and butter-flavored sprinkles. Drizzle over bread mixture, tossing lightly to moisten. If desired, add additional defatted broth for desired moistness. Spray a 2-quart casserole with vegetable cooking spray. Spoon stuffing into casserole. Bake stuffing, covered, for 50-55 minutes or until hot. If desired, garnish with a strip of orange peel. Makes 8 servings.

Nutrition information per serving: calories 163; protein 5 grams; fat 4 grams; sodium 494 mg