

# Apple Cranberry Stuffing Muffins

One of the favorite parts of a holiday meal is the stuffing, but as you can imagine, stuffing can pack in a surprising amount of calories. Not so with these perfectly portioned low fat cranberry apple stuffing muffins.

## Ingredients

- 2 tsp canola oil
- 3 celery stalks, finely chopped
- 1 medium onion, finely chopped
- 2 tsp fresh chopped thyme
- 2 tsp fresh chopped sage
- 2 tsp fresh chopped rosemary
- 1 large Granny Smith apple, peeled, cored and chopped
- 8 cups unseasoned bread cubes, dried/toasted
- 1 cup dried cranberries
- Pinch of salt (optional)
- 1 tsp freshly ground black pepper
- 1 large egg, beaten
- 2 cups fat-free, low-sodium chicken broth



## Preparation

Prep: 10 minutes; Cook: 28 minutes; Total Time: 38 minutes.

Coat a 12-cup muffin pan with nonstick cooking spray

Preheat oven to 375 degrees.

Heat oil on medium heat in a large skillet. Sauté celery, onion and herbs for 5 minutes. Add apples and sauté for 2-3 minutes. Remove from heat.

Place bread cubes and dried cranberries in a large mixing bowl. Add sautéed vegetables. Season with a pinch of salt, if desired and some freshly ground black pepper. Add egg followed by broth. Stir everything well.

Spoon stuffing mixture into muffin tin.

Bake for 18-20 minutes, until golden.

Makes 12-15 stuffing muffins.

## Nutritional Information

12 servings, serving size: 1 muffin

● CALORIES **138**

● FAT **2.3** (sat .4g)

● PROTEIN **4.4g**

● CARBOHYDRATE **24.8g**

● FIBER **2.3g**

● CHOLESTEROL **18mg**

● SODIUM **260mg**