



Pear-Walnut Stuffing

Prep: 30 minutes

Bake: 45 minutes • Serves: 18

Nonstick cooking spray

- 1 tablespoon olive oil
- 4 celery stalks, chopped
- 1 large carrot, peeled and chopped
- ½ small yellow onion, chopped
- 2 Bartlett pears, peeled, cored and chopped
- 1 cup toasted walnut pieces
- 2 tablespoons chopped fresh sage
- 1 tablespoon chopped fresh thyme
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 package (12 ounces) unseasoned, cubed stuffing
- 2½ cups low sodium chicken broth
- ½ cup reduced sugar dried cranberries

1. Preheat oven to 400°. Spray 13 x 9-inch baking dish with cooking spray. In large skillet, heat oil over medium-high heat. Add celery, carrot and onion; cook 7 minutes, stirring occasionally. Add pears, walnuts, sage, thyme, salt and pepper; cook 5 minutes or until pears soften, stirring occasionally.

2. In large bowl, gently combine stuffing, broth, cranberries and vegetable mixture; transfer to prepared dish and cover with aluminum foil. Bake stuffing 30 minutes; remove foil. Bake 15 minutes or until top is golden brown.

Approximate nutritional values per serving:

167 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 420mg Sodium, 21g Carbohydrates, 4g Fiber, 6g Sugars, 2g Added Sugars, 5g Protein