

Nutrition News

November 2018

Arbor Management, Inc.

National Stuffing Month

Stuffing, aka, "filling" or "dressing" is popular dish at Thanksgiving. Stuffing can also be served as a delicious side dish at any Holiday gathering with family and friends.

Most commonly, stuffing is a combination of grains such as cut up day-old bread or wild rice, it also has vegetables like onions celery, and savory spices.

This dish is extremely versatile and can be served in many ways. Try adding fruits and/or vegetables into the stuffing to enhance color and flavor. Some great additions are: cranberries, apples or pears, and mushrooms, carrots, or chopped kale.

Some prefer scratch-made stuffing, while others may enjoy the Stove Top boxed stuffing, which debuted in 1972 and has gained in popularity at holiday meals ever since.

What's in Season?

Vegetables

Carrots
cauliflower
Winter Squash

Yams

Fruit

Avocados
Oranges
Persimmons
Cranberries

Interesting Facts

about Apples & Cranberries

1. It takes about **36 apples** to create **one gallon of apple cider**.
2. Apple trees take four to five years to produce their first fruit.
3. **25%** of an apple's volume is **air**; that's why they **float**.
4. **Cranberries** are approximately 90% water.
5. The **5** states known for growing cranberries are: **Massachusetts**, **Wisconsin**, **New Jersey**, **Oregon**, and **Washington**.

Whole Grain Apple Cranberry Stuffing

Serves: 8 to 9



Ingredients:

- 2 cups low-sodium chicken broth, hot
- 1 cup dried cranberries
- 1 cup chopped celery (about 7 ribs)
- 1 onion, chopped
- 2 tablespoons unsalted butter
- 2 Granny Smith apples, cored and finely chopped
- 6 cups day-old whole grain baguette, cut into 1/2-inch cubes
- 3 large eggs, scrambled
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon
- 1 dried sage leaf, chopped

Instructions:

1. Preheat the oven to 350 degrees F. Spray an 11-inch oval baking dish with nonstick cooking spray.
2. Combine the broth and cranberries in a small bowl and let soak for 30 minutes.
3. Sauté the celery and onions in the butter in a large skillet until tender, 5 minutes. Add the apples and cook for 5 minutes, stirring frequently. Remove from the heat and transfer to a large bowl.
4. Place the baguette cubes into a large bowl. Pour the broth and cranberries over. Pour in the eggs, and then add the salt, poultry seasoning, pepper, cinnamon and sage and mix together.
5. Mix in the onion and celery mixture. Spoon the stuffing into the prepared dish and bake until the center is set, 35 to 40 minutes.



Jennifer Malchow, RDN, LDN
Corporate Dietitian
Arbor Management, Inc.

