

WILD RICE STUFFING WITH APPLES AND DRIED CRANBERRIES

From the *Taste for Life* test kitchen

20 MINUTES PREP TIME SERVES 8

2 c uncooked wild rice

3 Tbsp unsalted butter*

1 c onion, diced L-inch

1 c celery, diced L-inch

1 c apples, diced L-inch

1 c dried cranberries

1 tsp dried thyme

K tsp dried marjoram

K c chopped fresh parsley

Salt and black pepper to taste

1. Preheat oven to 350°. Cook rice according to package directions. (Use low-sodium chicken or vegetable broth in place of water for more flavor.) Drain rice in a colander.
2. Melt butter in a large skillet over medium heat. Add onion and celery, and cook until soft, approximately 8 minutes. Add apple and cook for 5 minutes. Remove from heat and add cranberries, thyme, marjoram, parsley, and salt and pepper to taste.
3. Transfer mixture to a large oiled baking dish. Bake, covered, until stuffing is heated through, approximately 30 minutes.

*Dairy-Free Variation: Replace the butter with light olive oil.

Per serving: 250 Calories, 7 g Protein, 46 g Carbohydrates, 5 g Fiber, 5 g Total fat (3 g sat, 1 g mono), 56 mg Sodium, ★★ Manganese, ★ Vitamin B3 (niacin), B6, C, Folate, Copper, Magnesium, Phosphorus, Zinc

Recipes are analyzed by Anna Kianthra, MS, LD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended:

★★★★★ Off the charts (100 percent or better), ★★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source