



Tone Up That Turkey

Whole Wheat Butternut Squash And Succotash Stuffing

Recipe

Serves 8-10

Butternut Squash

- ◆ 2 lb cubed butternut squash
- ◆ 1 teaspoon olive oil
- ◆ ¼ teaspoon salt
- ◆ ½ teaspoon Italian seasoning

Succotash Stuffing

- ◆ 1 tablespoon olive oil
- ◆ 1 cup chopped onion, about 1 large onion
- ◆ 2 medium ribs celery, diced medium (about ¾ cups)
- ◆ 1 clove garlic, minced
- ◆ 4 cups succotash mix
- ◆ 3 leaves fresh sage, minced
- ◆ ½ dried thyme
- ◆ ½ teaspoon dried marjoram
- ◆ 6 cups whole wheat bread cut into 1/2-inch cubes and dried
- ◆ 2 cups rye bread, cubed and toasted (optional you can use all whole wheat bread)
- ◆ 1 ½ - 2 cups vegetable stock
- ◆ 2 egg whites, beaten
- ◆ 1 teaspoon salt



Directions

1. Preheat the oven to 375 degrees. Toss the butternut squash in the olive oil, salt and Italian seasoning. Cook for 30-40 minutes, until tender.
2. Heat the oil in a skillet. Add the onion, celery, and garlic and sauté until onion turns translucent.
3. In a mixing bowl, combine the cooked squash with the sautéed vegetables, succotash, and herbs.
4. Add bread cubes, stock, eggs, and salt and toss gently to distribute dry and wet ingredients evenly.
5. Place mixture into buttered or oiled 13- x 9-inch baking dish, cover tightly with foil, and bake until fragrant, about 20-25 minutes.
6. Remove foil and bake until golden brown crust forms on top, 10 to 15 minutes longer. Serve warm.