

Sausage and Herb Stuffing

Ingredients:

3/4 pound turkey sausage (ex. 5/6th Shady Brook Farms turkey breakfast sausage roll)
1/4 cup finely chopped celery
1/4 cup chopped red onion
2 eggs
2 cups coarsely chopped cauliflower
1/2 cup diced yellow squash
1/2 cup grated Parmesan
1 tablespoon chopped parsley leaves
3 tablespoons chopped fresh sage leaves
3 tablespoons chopped fresh thyme leaves
1 tablespoon minced garlic
1/8 teaspoon salt
1/8 teaspoon fresh ground black pepper

Instructions:

Preheat oven to 350°F.

Remove sausage from casing and crumble it into a pan over medium heat. Add the celery and onion and cook, stirring, until browned. Drain fat if necessary.

Beat the eggs in a bowl. Using a spoon, mix in the sausage mixture and all the remaining ingredients.

Pour the stuffing into an 8" x 8" baking dish and bake until hot and browned, about 30 minutes. Serve hot.

Makes 8- 2"x2" servings

Nutrition:

Calories:	119
Total Fat:	6.0 g
Saturated	2.3 g
Cholesterol	76 g
Sodium	361 mg
Potassium	134 mg
Total Carbs	4.1 g
Dietary Fiber	1.2 g
Sugars	1.3 g
Protein	12 g

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Adapted from Obesity Action Coalition- Low Carb Thanksgiving recipes