

LiveBetter with MedWatch

Apple-Raisin Stuffing

Ingredients

- 1 can (14.5-ounce) Swanson Natural Goodness Chicken Broth
- ¼ cup apple juice
- ½ cup raisins
- 1 stalk celery, sliced
- 1 medium onion, chopped
- 5 cups herb seasoned stuffing, cubed

Preparation

1. In a medium size saucepan, over medium-high heat, mix broth, apple juice, raisins, celery and onion; heat to a boil.
2. Cover and cook over low heat 5 minutes or until vegetables are tender.
3. Remove from heat. Add stuffing. Mix lightly.
4. Spoon into 1 ½-quart casserole.
5. Bake at 350° for 20 minutes or until hot.

Makes 8 servings.

Nutrition Analysis

Per serving: 183 calories, 5 g protein, 1 g fat, 38 g carbohydrates, 642 mg sodium



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