

# COMMUNITY



## LiveBetter with MedWatch

### Cranberry-Apple Stuffing

#### Ingredients

- 1 can (14.5-ounce) chicken broth
- ¼ cup apple juice
- ¼ cup cranberries
- 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, cranberries, 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 dish.
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 carbohydrate, 642 mg sodium



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.