

# COOKING FOR WELLNESS

## November 2021 Recipes



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# Veggie-Loaded Vegetarian Stuffing



5 from 7 votes

*This veggie-packed **Vegetarian Stuffing** recipe is delicious, savory, packed with flavor and will add goodness to any holiday meal!*

Prep Time  
20 mins

Cook Time  
1 hr

Course: Side Dish    Cuisine: American    Keyword: healthy stuffing, vegetarian stuffing  
Servings: 12 servings    Calories: 203kcal    Author: Taesha Butler

## Ingredients

- 16-18 ounce loaf of rustic sourdough or whole grain bread cut into ½-inch cubes (10 cups) or favorite bread
- 5 tablespoons olive oil divided
- 1 1/2 cups finely chopped shallot or onion about 3 large shallots or 1 onion
- 1 1/2 cups finely chopped carrot about 2 medium carrots
- 1 1/2 cups finely chopped celery about 4 stalks
- 12-16 ounces cremini or white button mushrooms, stems removed and chopped small
- 2-4 cloves garlic, minced
- 1 1/2 teaspoons salt, divided
- 3 teaspoons poultry seasoning
- 2 tablespoons balsamic vinegar
- 3 cups low-sodium vegetable or whatever your favorite broth is
- 2 eggs
- 1/4 cup chopped fresh flat-leaf parsley

## Instructions

1. Preheat oven to 325°F. Spread cubed bread onto a baking sheet. Bake bread until mostly dried out and crisp, about 30 minutes, tossing half-way through. Once bread is done toasting, set aside to cool and increase oven temperature to 400°F.
2. Meanwhile, heat 3 tablespoons of oil in a large skillet over medium heat. Add shallot/onions, carrot, and celery, and cook until vegetables have begun to soften, about 3 minutes.
3. Add mushrooms to the skillet and cook until they have released all of their liquid and begin to brown, about 5 to 8 minutes. Add garlic, 1 teaspoon of salt, and poultry seasoning. Continue to cook another minute.
4. Add balsamic vinegar and scrape up any brown bits stuck to the bottom of the pan. Add 2 cups of broth and simmer for a few minutes to ensure all the vegetables are soft.
5. Add bread cubes to a large bowl then pour the vegetable and broth mixture over the top. Mix eggs and remaining cup of broth in a small bowl then pour over the bread and vegetable mixture. Add chopped parsley, remaining 1/2 teaspoon of salt, and pepper to taste. Mix very well, allowing the bread to soak up all the broth.
6. Grease a 9-by-13-inch casserole dish or baking pan with a tablespoon of olive oil. Place stuffing in the prepared pan. Drizzle the remaining tablespoon of olive oil over the top. Bake

until the stuffing is set and the top is crunchy and golden brown, 30 to 35 minutes.

7. Enjoy warm or let cool completely and store covered in fridge for up to 3 days.

### **Nutrition**

Serving: 1cup | Calories: 203kcal | Carbohydrates: 28g | Protein: 7g | Fat: 7g | Saturated Fat: 1g |  
Cholesterol: 27mg | Sodium: 520mg | Potassium: 312mg | Fiber: 2g | Sugar: 4g | Vitamin A: 2888IU |  
Vitamin C: 5mg | Calcium: 48mg | Iron: 2mg



# Humble Vegetable Casserole

4 servings.

Preheat oven to 350°F.

1¼ hours to prepare;

½ hour more to bake.

{ 2 Tbs. butter  
½ cup sliced onion  
½ lb. sliced mushrooms  
1 large stalk of broccoli, chopped  
2 medium-sized potatoes, thinly-sliced  
¾ tsp. salt  
black pepper, to taste  
½ tsp. dill weed

{ 2 hard-boiled eggs, chopped  
½ cup chopped sweet pickle  
1½ packed cups grated cheddar  
1 tsp. caraway seeds

¾ cup milk  
paprika

- (1) In a large, heavy skillet, cook the onions over very low heat, in the butter, until they begin to soften (3-5 minutes).
- (2) Add the mushrooms, broccoli, potato slices, and salt. Stir and cover. Continue cooking over medium-low heat until the potato slices are just tender (8-10 minutes). Don't overcook, as this will cause the vegetables to become Boring.
- (3) Season the cooked vegetables with black pepper and dill, stirring to well-acquaint everything with everything else.
- (4) In a separate bowl, toss together the chopped egg, pickle, grated cheese and caraway seeds.
- (5) Spread half the cooked vegetable mixture into the bottom of your buttered deep-dish casserole. Sprinkle half the egg-cheese mixture over the vegetable layer, distributing it evenly and unimaginatively.
- (6) Repeat step (5) [see directly above], only this time use the other half of each mixture. Pour the milk over the top of the casserole, and dust with paprika. Cover, and bake for 30 minutes at 350°F.



30 minutes to prepare.  
35-40 minutes to bake.

## Sourcream • Apple Pie with Oatmeal Cookie Crust

1 9-or-10-inch pie.  
Preheat oven to 375°F.

### CRUST:

$1\frac{1}{2}$  cups raw rolled oats  
 $\frac{1}{4}$  cup sesame seeds  
 $\frac{1}{2}$  cup whole wheat flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  cup finely minced nuts  
 $\frac{1}{2}$  tsp. vanilla extract  
 $\frac{1}{2}$  cup sweet butter } melted together  
3 Tbs. honey

Combine all ingredients,  
and mix well.  
Press firmly and evenly  
into bottom and sides  
of a 9-or 10-inch  
pie pan.

### FILLING:

5 cups sliced tart cooking apples  
juice and rind of 1 average lemon  
 $\frac{1}{4}$  cup light honey (or maple syrup)  
2 Tbs. unbleached white flour  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. nutmeg  
1 large egg  
 $\frac{1}{2}$  cup sour cream

- (1) Combine apples with lemon juice and rind. Drizzle in honey. Toss gently until uniformly coated.
- (2) Sift in flour and spices. Toss again to coat. Distribute neatly into unbaked pie shell.
- (3) Beat together egg and sour cream. Drizzle slowly over apples.
- (4) Bake 35-40 minutes in center of oven (375°F). Serve hot or cold.