

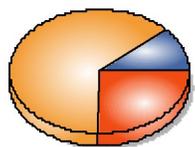
Sweet Potato and Apple Stuffing

Modified from www.recipes.sparkpeople.com www.lanascooking.com

Recipe grams: 1297.35g/45.8oz

Serves 11.44 113.40g/4.0oz per serving

Prep time: 40 min. Cook time: 20 min.



Protein: 12%
Carbohydrates: 63%
Fat: 25%



INGREDIENTS

2 sweetpotato LARGE SWEET POTATO
2 tbsp SMART BALANCE BUTTER
1.5 cup CHOPPED RAW ONIONS
1.5 cup CHOPPED RAW CELERY
2 cup CHOPPED APPLES
.5 cup WATER
4 slice WHOLE WHEAT BREAD
.5 cup LOW-SODIUM CHICKEN BROTH
1/4 tsp BLACK PEPPER
1/4 tsp GROUND CINNAMON
1/4 tsp GROUND NUTMEG

DIRECTIONS

1. Cover sweet potatoes in water, bring to a boil; reduce heat and simmer till tender (20 mins).
2. Drain. Peel and discard skin, and mash potatoes in a large bown.
3. Heat 2 tbsp Smart Balance Butter in a large pan on medium high heat.
4. Add onions, celery, salt and pepper. Cook stirring often for about 5 mins.
5. Add apples, water and spices, continue cooking and stirring for 3-4 mins.
6. Stir mixture and bread crumbs into sweet potatoes. Adjust seasonings and moisture as needed with broth.
7. Place in sprayed 9X9 baking dish and dot with remaining 1/4 cup Smart Balance Butter (use less as desired).
8. Bake at 350F for 20 mins until golden brown.

Makes about 8-1 cup servings or 16-half cup servings.

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
LARGE SWEET POTATO	260	224	4	52	0
SMART BALANCE BUTTER	28	160	0	0	18
CHOPPED RAW ONIONS	240	96	3	22	0
CHOPPED RAW CELERY	152	24	1	5	0
CHOPPED APPLES	250	130	1	35	0
WATER	118	0	0	0	0
WHOLE WHEAT BREAD	128	320	16	56	4
LOW-SODIUM CHICKEN BROTH	120	13	1	0	1
BLACK PEPPER	1	2	0	0	0
GROUND CINNAMON	0	1	0	0	0
GROUND NUTMEG	1	3	0	0	0
TOTALS	1297	972	26	171	24
PER SERVING	113	85	2	15	2

