

Harvest Stuffing

Get ready to enjoy the aroma of your kitchen as the herbs in this recipe usher in that true Thanksgiving fragrance! This is the most savory and healthy dressing! ** Corn Bread crumbs are recommended for those with gluten issues, and we find it adds amazing depth to the flavor of the recipe!

1 Cup Shredded Carrot (#2 cone)
1 Cup chopped Celery (#2 cone)
½ Cup Chopped Onion (#2 cone)
½ Cup chopped Green Pepper (#2 cone)
½ C Butter or Olive Oil (optional & completely unnecessary!)
1 tsp Sage or Poultry Seasoning
½ tsp Cinnamon
1 Tsp Sea Salt
1 Tsp Thyme
1 Tsp Rosemary
1/3 Cup Parsley
8 C dry Whole Grain Bread [about 1 loaf] or Corn Bread Crumbs**
2 Cups finely chopped Apple (#1 cone) [about 2 large apples]
½ Cup chopped Walnuts (#1 cone)
¼ Cup Wheat Germ (Option: Ground Flax Seed)
½ - ¾ Cup Broth (preferred moisture)

Cut vegetables into unheated pan and stir in seasoning and place on medium heat...click steady...low (or you may melt butter first in pan before cutting vegetables into pan, or even substitute olive oil before adding vegetables). While vegetables are going, cut whole grain bread slices into large bowl on #3 cone; add apple and nuts on the #1 cone, followed by wheat germ. Blend and drizzle broth until pleasantly moist. Combine with vegetables and cook in same pan on medium low heat for 20-30 minutes.