

## Stuffing With Whole Wheat Bread

Make a healthier [stuffing](#) by using whole wheat bread, as in this recipe. Chopped pecans add a bit of texture as well. Recipe courtesy the [Wheat Foods Council](#).

### Ingredients:

- 4 cups whole wheat bread, cubed
- 2 tbsp butter or margarine
- 1/2 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup chopped green bell pepper
- 3/4 cup sliced mushrooms
- 1/2 tsp dried thyme
- 1/2 tsp Spanish paprika
- 1/8 tsp nutmeg
- 1/2 cup raisins
- 1/2 cup chopped pecans
- 1 cup vegetable broth
- 1 egg, slightly beaten

### Preparation:

Pre-heat oven to 400 degrees.

Bake bread cubes on a pan until golden, stirring occasionally, about 20 minutes. Transfer to large mixing bowl.

Reduce oven temperature to 350 degrees.

Melt butter in large skillet. Add onion, celery and green pepper and cook until tender, about 15 minutes, adding mushrooms for the last few minutes. Combine with bread in mixing bowl; add seasonings, raisins, pecans, vegetable broth and egg.

Stir well and pour in casserole dish sprayed with cooking spray. Bake covered for about 1 hour.

Makes 8 servings of vegetarian stuffing.

### TIP

\*If you like sausage in your stuffing, brown 1 pound of turkey or chicken sausage along with the onions, celery and green peppers.

\*Do not like raisins? Leave them out. Or add craisins instead for a different flavor.