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# MFit Savory Fruit and Sausage Stuffing (Dressing)

Servings: 12

*Stuffing can be assembled a day or two ahead of time. Keep covered and refrigerated. Allow to sit at room temperature for 1 hour before baking as directed.*

**10 Thomas' Light Multi-Grain English Muffins, cut into 3/4-inch cubes**

**2 tablespoons olive oil**

**1 pound Sweet Italian Turkey Sausage, lean, casings removed**

**2 cups diced onion**

**2 cups diced celery**

**2 cloves minced garlic, or more if desired**

**1 cup Granny Smith apple, peeled and diced**

**1/2 cup dried apricot, chopped**

**1/2 cup dried cherries**

**1/4 cup fresh parsley, finely chopped**

**1 tablespoon fresh sage, finely chopped**

**1 tablespoon fresh thyme leaves**

**2 tablespoons butter**

**1/2 cup dry white wine**

**1 bay leaf, whole**

**10 1/2 ounces low sodium chicken broth, or vegetable broth**

**3 eggs, lightly beaten**

Preheat oven to 300 F

Spread muffin cubes in a single layer on a baking sheet. Bake until dried out, but not brown, about 15 - 20 minutes, stirring occasionally. Set aside.

Increase oven temperature to 350 F.

In a large skillet heat oil over medium-high heat. Add sausage and cook until thoroughly browned, stirring frequently. Transfer sausage to a large bowl and set aside.

To the same pan add onion, celery, garlic, apple, apricots, and cherries and cook until vegetables are soft, about 10 minutes. Add mixture to sausage in bowl. Add fresh herbs and dried bread cubes to vegetable sausage mixture and toss well to combine.

In the same skillet melt butter, add bay leaf, wine, and broth. Bring to a boil, scraping up any bits that are in the pan. Remove from heat, discard bay leaf, and pour over stuffing mixture. Toss to combine. Add beaten eggs and mix thoroughly. Transfer mixture into a 9x13x2-inch baking dish and bake uncovered in the preheated oven for 45 minutes to 1 hour, or until hot and lightly browned.

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*Per Serving (excluding unknown items): 258 Calories; 10g Fat (32.3% calories from fat); 14g Protein; 33g Carbohydrate; 9g Dietary Fiber; 82mg Cholesterol; 493mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat.*