

STUFFING AND TURKEY



Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl mix together the bread ingredients.
- Stir well to create the batter.
- Pour the batter into a greased muffin tin and place in the preheated oven for 15-20 minutes.
- In a separate bowl, mix the filling ingredients together.
- Cook the filling over medium heat in a small sauté pan.
- Once the bread is done baking, cut into small squares and combine with the filling in the sauté pan.
- Season to taste and cook for 5-10 minutes.
- Serve warm.

INGREDIENTS

FILLING	Ingredients	Exchanges
Protein	5.6g turkey, dark meat -----	0.8 (+0.4g fat) -----
	16g Swanson Chicken Natural Goodness® chicken broth	0.1 (+0.1g fat)
Fat	10g butter, softened	2
Carbohydrate	6.7g onion, chopped -----	0.7 -----
	16.4g celery, chopped	0.6
Other	pinch of salt, pepper, oregano, garlic, and onion powder	
BREAD		
Heavy Cream	10g	
Protein	9g fresh whole eggs -----	0.6 (-0.6g fat) -----
	10.1g Bob's Red Mill® almond flour	2.2 (-2.2g fat)
Fat	5g mayonnaise -----	1 -----
	7.7g butter, softened -----	2 (-2.3g) -----
	4g olive oil	1
Other	pinch of baking soda, black pepper	

VARIATIONS

- Heavy cream should be limited to 10g. It can be omitted if desired.
- For vegetarian options, vegetable broth may be substituted for the chicken broth. You may also omit the turkey and add a different source of protein such as tofu.
- If there is a nut allergy, soy flour may be substituted for the almond flour.
- Other vegetables such as carrots, peas, broccoli, etc. may be substituted for the onions and celery.