



Winter Fruit and Nut Stuffing



Caramelized pears plus dried apricots, cranberries, and prunes add intense fruit flavor to this stuffing from Rochelle Palermo Torres, a freelance recipe developer and cooking teacher.

Amount for 24 servings

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|---------|---------------------------|--------|-----------------------|
| 12 Tbls | Smart Balance | 12 oz | Regular Pitted Prunes |
| | Margarine Spread | 12 oz | Dried Apricots |
| 2 each | Pear | 1 c | Craisins |
| ¾ tsp | Cinnamon | 2 Tbls | Fresh Rosemary |
| 4 c | Yellow Onions-Raw-Chopped | 1 Tbls | Fresh Sage |
| 1 ½ c | Celery-Raw-Diced | 1 ½ lb | Whole Wheat Bread |
| 1 ½ c | White Grape Juice | 1 c | Pecans |

Melt 2 tablespoons Smart Balance in large skillet over medium-high heat. Saute pears until golden, about 5 minutes. Transfer to very large bowl; mix in cinnamon. Melt remaining 10 tablespoons butter in same skillet over medium heat. Add onions and celery; sauté until golden, about 15 minutes. Add grape juice and next 5 ingredients. Simmer until liquid is reduced almost to glaze and mixture is soft and moist, stirring occasionally, about 15 minutes. Mix into pears. (Can be made 1 day ahead. Cover and chill. Reheat to lukewarm before continuing.)

Mix bread and pecans into fruit mixture. Season stuffing with salt and pepper.

To bake stuffing in turkey:

Loosely fill main cavity and neck cavity to turkey with stuffing. Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover dish with buttered foil, buttered side down. Bake stuffing in dish – alongside turkey or while turkey is resting – until heated through, about 25 minutes. Uncover stuffing dish. Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.

To bake stuffing in dish:

Preheat oven to 350°F. Generously butter 13 x 9 x 2-inch glass baking dish. Transfer stuffing to prepared dish. Bake uncovered until heated through, about 35 minutes.

Makes 24 ¾ cup servings.

Nutrition Facts	
Serving Size (138g)	
Servings Per Container	
Amount per Serving	
Calories 260	Calories from Fat 80
% Daily Value*	
Total Fat 9g	15%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 200mg	1%
Total Carbohydrate 42g	14%
Dietary Fiber 5g	21%
Sugars 14g	
Protein 4g	
Vitamin A 30%	•Vitamin C 45%
Calcium 4%	•Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	