

# Stuffing & Dressing

Yeah, I know this isn't an actual "Foundation", but I figured it'd be really helpful for everyone

With the holidays fast approaching, I wanted to do what I could to try and offer help, so that you CAN have a delicious and low point holiday meal, INCLUDING dressing/stuffing. You'd think that there's no way to possibly have low point dressing that doesn't taste like cardboard, but it's totally doable. You just have to be smart about it. Glance at the recipe and you'll see that all we really had to do was use low point bread. I also removed the butter. We're getting a buttery flavor by cooking with butter flavored cooking spray.

## Servings Info.:

**Yield:** (1) 3 qt. Casserole Dish

**Servings:** 12

**Serving Size:** 3/4 cup



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Yup, you aren't  
reading that  
wrong

- last checked 11/10/23 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

- 16 slices ANY branded 1 point per slice, sliced bread. I used Sara Lee 45 Calorie Bread, though you can use ANY brand of "Keto" sliced bread, or low calorie bread you want.
- 1 lb batch of either my "Savory" or "Italian" ground turkey (recipes on pages 27 & 29)
- Butter flavored cooking spray. (Different brands have different point values. Scan your can, make sure you use a 0 point amount for step 4.)
- 2 cups onion, diced
- 2 cups celery, diced
- 1-1/2 cups carrot, diced
- 3 cups fat free chicken broth (you may need to end up adding more at the end of "step 6", if your mixed stuffing is too dry.)
- 3 large eggs
- 2 medium garlic cloves, chopped
- 2 Tbsp fresh rosemary, finely chopped
- 2 Tbsp fresh sage, finely chopped
- 2 Tbsp fresh thyme, finely chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- 1-1/4 tsp salt
- 1/4 to 1/2 tsp cracked black pepper, to taste

## Directions:

1. Preheat oven to 250 degrees. Cut sliced bread into 1/2 inch cubes and spread onto baking sheet. Bake for 30-40 minutes, or until the bread is completely dried out, but not burned. Look in every 5 minutes after 30 minutes to make sure they don't start to burn. Remove when lightly golden, to cool.



2. Mix your Italian or Savory meat mixes together, then let rest for 20 minutes. Heat a large sauce pan over medium-high heat. Spray the pan with butter flavored cooking spray and cook the meat until just cooked through. Use a kitchen utensil to break up the meat into smaller pieces during cooking. Remove from pan, set aside.



3. Dice the onions, celery, carrots, garlic and set aside. Finely chop fresh rosemary, sage and thyme.





4. Spray the pan you cooked the ground turkey in with butter flavored cooking spray. Cook the onions, carrots, celery and garlic over medium heat for 5-6 minutes, or until they begin to soften.



5. Add the chicken broth and fresh herbs to the pan, along with the garlic powder and onion powder. Cook at a low simmer for 15 minutes. Turn off the heat, stir in the turkey, salt and black pepper. Let cool for 10-15 minutes.



6. Whisk the 3 large eggs and stir them into the cooled pan of vegetables and broth. Place all of the dried bread in a large mixing bowl, pour the vegetable/broth mixture over the bread and mix to combine. It's ok to reach in and mash some of it together, we're aiming for a stove-top stuffing texture, not a bunch of completely separated bread squares. If your mix is too dry, mix in more broth to the stuffing. It's ok if it's a little on the mushy side, because you will be 'fluffing it' midway through baking.



7. Preheat oven to 350 degrees. Pour the dressing mixture into a 3 quart (13"x9") casserole dish sprayed with butter flavored cooking spray. Gently spread the mixture out evenly. Cover the casserole dish with aluminum foil and bake for 30 minutes. After 30 minutes, take the dish out of the oven, remove the foil, and use a kitchen utensil to gently "fluff" the dressing up a bit. Return the casserole to the oven and bake uncovered for an additional 10-15 minutes, or until the top starts to get toasted. Done.

#### NOTES:

- **KETO BREAD:** Though I used 'Sara Lee Delightful' bread, for my recipe, you can try using sliced Keto bread instead. Make sure to check and adjust your recipe's ingredient points if you use a different brand of bread. The bread I used was 16 points for 16 slices. The 'signature select' brand at albertsons, ralphs, vons, kroger.. is only 12 points for 16 slices!
- **TEXTURE:** If you go with Keto Bread, be advised... not all brands of Keto bread absorb liquid the same. Some are dense, some are fluffy. One brand might work fine with only 3 cups of broth, while another will require more broth and a longer baking time. I've made this with Sara Lee AND with "Nature's Own, Keto Bread". I preferred the Sara Lee, which was used in this recipe. When I made a test batch with the keto bread, I had to add an extra cup of broth and add 15 minutes bake time.
- **CORNBREAD STUFFING:** You can use the Cornbread recipe to make low point cornbread stuffing. If you are on the non-diabetic plan, you can have 11 of my cornbread muffins for 1 point each. If you use my cornbread, swap out the 16 bread slices in this recipe, with 16 cornbread muffins (which is 17 total points). Bake them ahead of time and let them cool to room temperature before using them.
- You can bulk this stuffing up and stretch the servings even further, by adding some mushrooms to the veggies.
- **NO MEAT:** Don't want ground meat crumbles in your stuffing? Add an extra 1/2 cup each of the celery, onions and carrots, then add an extra 1 cup of any other veggie you want, to make up the lost bulk.
- You can also choose to bake the stuffing in individual cupcake size portions. Just scoop 3/4 cup servings into cupcake pans, cover with foil so that the dressing doesn't dry out, then bake at 325 for 20-25 minutes.