



## Healthy Holiday Stuffing

This recipe is veggie heavy and can even be made the day before!

### Ingredients

- 3 pounds winter squash, such as buttercup or butternut
- 2 tablespoons extra-virgin olive oil
- 2 pounds whole wheat Italian bread, cut into 1-inch cubes (about 12 cups)
- 1 cup Brussels sprouts, trimmed and sliced
- 1 cup apples, peeled and diced
- 1 onion, diced
- 1/4 cup chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 8 fresh sage leaves, rubbed and sliced
- 2 cups reduced-sodium chicken broth or vegetable broth



### Instructions

1. Position racks in upper and lower third of oven; preheat to 375 °F.
  2. Halve squash, remove seeds and cut into 1-inch-thick wedges (leave the skin on). Spread on a baking sheet and drizzle with oil, rubbing to coat the squash evenly. Roast on the lower rack until soft, 20 to 30 minutes. Let cool. Peel, cut into 1-inch pieces and place in a large bowl.
  3. Meanwhile, spread bread cubes on a large baking sheet. Toast on the upper rack until crisp around the edges, about 20 minutes. Add to the bowl with the squash.
  4. Bring a small saucepan of water to a boil. Add Brussels sprouts and cook until barely tender, 3 to 4 minutes. Drain and rinse under cold water. Drain again and add to the bowl. Add apples, onions, chives, parsley and sage. Add broth and stir until the liquid is absorbed. Spoon into a 9-by-13-inch baking dish.
  5. Bake the stuffing until heated through, 45 to 55 minutes.
- **Make Ahead Tip:** Prepare through Step 3. Cover and refrigerate the roasted squash for up to 2 days. Store the toasted bread uncovered at room temperature for up to 2 days.

Nutrition (Serving Size: 1 cup or 1/12 of recipe): 140 calories, 6g protein, 22g carbohydrate, 4g total fat.

Photo from eatingwell.com

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