

## SQUASH & CORNBREAD DRESSING, GLUTEN FREE, LOW SODIUM, LOW CARBOHYDRATES

Cornbread Dressing made with squash to increase the nutrients [i.e. fiber]

🕒 1 hour

🕒 2 hours and 15 minutes

🍴 12 portions

### INGREDIENTS

- 3 portions of Low-Carb/Gluten-Free Cornbread by <https://healthfulblondie.com/almond-flour-cornbread/#recipe> (180 g)
- 5 slices of udi's, Gluten Free, Soft & Hearty Whole Grain Bread (125 g) crust removed =1.75-2 cups
- 3 tablespoons of oil, olive, salad or cooking (41 g)
- 2 cups of slices of squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt (360 g) [about 4-5 cups raw]
- 4 large units of egg, whole, raw, fresh (200 g)
- 2 cups of chopped onions, raw (320 g)
- 1.5 tbsps of spices, sage, ground (3 g)
- 3/4 tsp, ground of spices, pepper, black (2 g)
- 1 chopped cup of celery, raw (101 g)
- 3 tsps of leavening agents, baking powder, low-sodium (15 g)
- 2.25 cups of soup, chicken broth, low sodium, canned (540 g) or 1.75 portions of vegetable Broth (518 g)

### COOKING METHOD

1. Preheat your oven to 375-400° degrees Fahrenheit.
2. Crumble your cornbread into a large bowl.
3. Cut the crust off the gluten free bread, cut into small chunks or coarsely chop in a food processor using the pulse button. Add to the bowl with the crumbled gluten-free cornbread.
4. In a skillet or small pot, add the olive oil and heat to a medium heat. Add the onions and celery and sauté for 5-10 minutes on low. The onions should be slightly tender.
5. Add the cooked squash [should be very tender] onions and celery with any residual olive oil to the bowl with the breads.
6. In a small bowl, crack your eggs and lightly scramble. Add the broth to the bowl with the bread and veggies. Mix well and adjust your seasoning accordingly at this point. It will be loose; if it is too thick, add a little water (this is based on the finished texture you desire). Mix in the lightly beaten eggs and blend well; then, sprinkle the baking soda across the bowl and mix well.
7. Spray an 11x7 glass, ceramic, or Teflon coated baking pan with pan spray and pour the mixture into the pan. Bake in the middle of the oven for 30-55 minutes and finish on the top rack to brown. Cook to your desired doneness. Stir at the 20-minute mark to speed up the cooking process and also to create a better texture.

### ADDITIONAL TIPS

- Sauté the squash, onions and celery together until tender and add the squash, onions and juices. You can add 1/2 cup of water if it begins to dry out.

- Additional add-ons- 1 C of spicy sausage, mushrooms, oysters, toasted almonds or pecans, dried cranberries (will increase the total carbs).

- If you grew up eating stuffing, use less liquid and toast the gluten free bread and cut into larger chunks. If you grew up eating cornbread dressing, follow as directed.

- Can be made with flaxseed eggs or vegan egg substitute.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [156 g]	% DRI
ENERGY	97 kcal	151 kcal	8 %
FAT	6 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	43 mg	68 mg	23 %
SODIUM	88 mg	138 mg	6 %
CARBOHYDRATE	9 g	14 g	5 %
SUGARS	2 g	4 g	—
FIBER	1 g	2 g	7 %
PROTEIN	3 g	5 g	—