



## GINA'S LOW CARB HOLIDAY STUFFING

### **INGREDIENTS:**

- 6 slices Julian Bread or your favorite High Fiber Bread (Ezekiel is great)
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped mushrooms
- 1 cup fat-free low sodium chicken or vegetable broth
- 3 egg whites
- 4 cloves garlic, finely chopped
- pepper, to taste
- 1 tbsp Oregano,
- 1 tsp Thyme

### **DIRECTIONS:**

1. Leave bread uncovered at room temperature for a night or two, until slightly stale, or begin by lightly toasting bread.
2. Preheat oven to 350 degrees.
3. Cut bread into 1/2-inch cubes. Spray a medium baking dish with nonstick spray, and place bread cubes evenly along the bottom of the dish.
4. In a medium pot, combine broth, celery, onion, thyme, oregano and pepper. Cook for 8-10 minutes over medium heat.



5. Remove pot from heat, and add mushrooms and garlic. Stir well and add egg whites to mixture.

6. Pour mixture into the baking pan, evenly covering bread cubes. Mix gently with a fork. Bread cubes should be moist, but not saturated.

7. Cover with foil, and cook dish in the oven for 20 minutes.

8. Remove foil, and fluff and rearrange stuffing. Return dish to oven (uncovered), and cook for an additional 15 minutes.

ENJOY!

