Fit & Flavorful
Whole Grain Stuffing
*Recipe by Executive Chef Mark Beland*

Calories: 184    Protein: 8g    Carbohydrates: 27g    Total Fat: 4.5g
Saturated Fat: 0.5g    Unsaturated Fat: 4g    Trans Fat: 0g
Cholesterol: 0mg    Sodium: 320mg    Fiber: 7g

**Yield: 12**
Mayo Clinic Exchange: 2 carbohydrates, ½ vegetable, ½ fat

**Ingredients**
- 8 c. stale whole grain bread, cut in cubes
- 1 Tbsp. black pepper
- 2 c. yellow onion, diced
- 2 egg whites
- 1 c. carrot, diced
- 2 c. zucchini, diced
- 2 c. vegetable or chicken broth
- 1 Tbsp. fresh sage, minced
- 1 tsp. fresh thyme, minced
- 1 c. celery, diced
- 2 cloves garlic, minced
- 2 Tbsp. olive oil

**Preparation**
Sauté vegetables in olive oil for 10 minutes, until translucent. Add broth, pepper and herbs. Pour over bread and toss to evenly distribute. Place in glass or ceramic dish and bake at 350 degrees for 40 minutes.