

Gluten Free Stuffing

Description

Delicious, colorful, healthy!

Ingredients

- 2 loaves gluten-free bread (I like Udi's best), diced into one-inch cubes, toasted and cooled
- 2 large handfuls of spinach
- 2 stalks celery, medium diced
- 1 large yellow onion, medium diced
- 2 tbsps olive oil
- 2 tbsps garlic, finely chopped
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp fresh thyme, finely chopped
- 1 tbsp fresh sage, finely chopped
- 1 cup organic chicken stock
- 1 organic egg yolk
- 1/2 tsp salt
- 1/2 tsp pepper

Instructions

1. Place all 1 inch bread cubes onto a baking sheet and toast briefly until the bread resembles croutons.
2. In a large saucepan, sauté the onion and celery in olive oil on medium-low heat until they are translucent. You will be able to smell the onions cooking at this point.
3. Add the spinach and garlic, as well as the rosemary, sage, and thyme. Sautee and stir until you can smell the herbs.
4. Then remove from heat.
5. In another soup pot, bring the chicken stock to boil on medium-high heat.
6. Place egg yolk into a large sized bowl and carefully ladle two to three ounces of the chicken stock to the egg yolk, slowly, while whisking the mixture. Slowly, add the rest of the chicken stock to the egg mixture at this point. (Ladling a small portion of the stock into the egg first, and blending it, will prevent you from having scrambled eggs.)
7. Add the cooled celery, onion, and herb mixture into the stock and egg mixture.
8. Add the bread cubes into this mixture and stir it all around with your hands to evenly coat the cubes. Add the salt and pepper and toss the bread again.
9. Place all of this into a greased casserole dish (big enough to hold three quarts) and cover it with a baking sheet or aluminum foil. Bake for 20 minutes at 425°, then remove the foil and bake for another 10 minutes. Take a toothpick and stick it into the stuffing. If it comes out clean, the stuffing is done. If not, bake until the toothpick comes out clean.

Summary

Yield: 8

Source: Family Healing Center News

Prep Time: 20 minutes

Category: Side Dish

Cuisine: American