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HONEY CORNBREAD STUFFING

(Courtesy of the National Honey Board)

INGREDIENTS:

4 cups day-old Honey Cornbread
1 (4 oz.) Italian sausage
1 cup chopped green bell pepper
1/2 cup minced onion
1/2 cup chopped celery
1 Tablespoon minced parsley
1 teaspoon dried thyme leaves, crushed
1 teaspoon salt
1/4 teaspoon ground black pepper
1/3 cup chicken broth
2 Tablespoons honey

DIRECTIONS:

In large bowl, place crumbled cornbread. Remove sausage from casing. In medium skillet, crumble and sauté sausage until brown. Using slotted spoon, remove sausage from skillet and add to cornbread. Drain all but 1 Tablespoon of fat. Return skillet to medium-high heat; stir in bell pepper, onion and celery. Sauté until vegetables are soft, about 5 minutes. Stir in parsley, thyme, salt and pepper. Cool slightly, then add to cornbread. In small bowl, combine broth and honey. Pour over stuffing. Place stuffing in a greased 9x9-inch baking dish. Cover dish with foil and bake at 350°F for 20 minutes. Remove foil and bake another 10 minutes until stuffing is lightly browned. As an alternative, pack you may pack stuffing into poultry cavity before roasting.

NUTRITIONAL INFORMATION PER SERVING:

Protein: 11.3 g Fat Total: 12.6 g Sodium: 1338 mg Carbohydrates: 48.9 g Calories from Fat: 32%
Cholesterol: 41.3 mg Calories: 350 Dietary Fiber: 2.82 g