



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

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Recipe of the Month - November 2016

Stuffing with Vegetables

Serves 6

Serving Size: 1 cup

Ingredients:

- 1 pound (16 ounces) frozen vegetables
- 1 Tablespoon margarine
- 1 package (6 ounces) low-sodium stuffing mix
- 1 can (14 ounces) low-sodium chicken broth
- 1 teaspoon garlic powder



Make MyPlate Your Plate

Directions:

1. Place vegetables in a large bowl. Thaw in the microwave.
2. Melt margarine and pour over vegetables. Stir to combine.
3. All stuffing mix, broth, and garlic powder. Stir to combine.
4. Scoop into a casserole dish. Microwave on high for 10 to 12 minutes until hot in the center.

NUTRITION FACTS PER SERVING: 200 calories, 3.5 g total fat (0.5 g sat. fat), 0 mg cholesterol, 320 mg sodium, 33 g carbohydrates, 4 g fiber, 3g sugar, 8g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*