



Lakeland Natural Health

Sausage, Apple, Cranberry Stuffing

*Use Organic Ingredients when possible

Ingredients:

1 lb Italian Sausage
1 Cup Onions, finely chopped
1 Cup Celery, finely chopped
1/4 Cup Fresh Parsley, chopped
1 Clove Garlic, pressed and minced
2 tbs Olive oil
1 tbs Italian seasoning
2 Apples, coarsely chopped
1/4 Cup Raisins
1/4 Cup Chicken Broth
1/4 Cup Fresh Cranberries
Salt and Pepper to taste

Instructions:

1. Brown sausage in skillet with olive oil and garlic. Take off heat and set aside.
2. Sauté chopped celery and onions in olive oil until tender. (about 5 minutes)
3. Sprinkle parsley over celery and onions the final minute of cooking. Remove from heat.
4. Preheat oven to 350 degrees.
5. Peel and chop apples.
6. Toss apples, cranberries, raisins, sausage, onions, and celery together.
7. Sprinkle with Italian seasoning, add salt and pepper to taste.
8. Pour into a 9" X 12" baking dish.
9. Bake covered 30-35 minutes, then uncover for 15 minutes.
10. Remove from oven, toss ingredients, and serve hot.