



HG's Cornbread Stuffin' Muffins



1/12th of recipe (1 muffin): 85 calories, 1g total fat (0g sat. fat), 309mg sodium, 18g carbs, 1.5g fiber, 6.5g sugars, 2g protein

Prep: 20 minutes **Cook:** 30 minutes

Cool: 5 minutes



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Ingredients

1 cup chopped onion
1 cup finely chopped apple
3/4 cup finely chopped celery
1/4 tsp. ground thyme
1/8 tsp. each salt and black pepper
1 1/2 cups reduced-sodium chicken broth
1 tbsp. light whipped butter or light buttery spread (like Brummel & Brown)
One 6-oz. box Stove Top Cornbread Stuffing Mix
1/2 cup sweetened dried cranberries

Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

Bring a medium pot sprayed with nonstick spray to medium-high heat. Add onion, apple, celery, and seasonings. Cook and stir until slightly softened and lightly browned, 4 - 6 minutes.

Transfer mixture to a large bowl.

Carefully add broth and butter to the (empty) pot, and bring to a boil.

Once boiling, remove pot from heat. Add stuffing mix, veggie-apple mixture, and cranberries. Mix until liquid has been absorbed.

Evenly distribute stuffing mixture among the muffin cups, gently pressing the mixture into the pan to help form the muffins. Bake until browned and slightly crisp on top, 18 - 20 minutes.

Let cool for 5 minutes. Carefully remove from the pan.

MAKES 12 SERVINGS

HG Tip! Use an ice cream scoop to easily transfer mixture into the muffin cups.

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