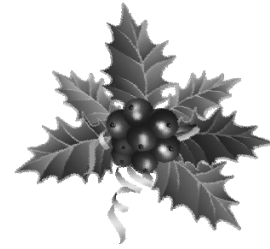


Cornbread Dressing

Cornbread: *(Can be made up to 3 weeks in advance and frozen. Crumble before freezing.)*

2 c. corn meal (plain) *(If using self-rising cornmeal, omit salt and soda)*
2 eggs
2 c. non-fat buttermilk
1 tsp. salt
1 tsp. soda



1. Preheat oven to 350°F. Spray 8-inch square pan with cooking spray.
2. Mix all ingredients together. Pour into greased pan.
3. Bake at 350°F for 45 minutes or until a toothpick inserted into center of the pan comes out clean. Cool.
4. When completely cool, crumble up and store in plastic bag until ready for use.

Dressing:

Crumbled cornbread from recipe above (approx. 6 c.)

4 c. crumbled cooked biscuits and/or bread *(I use 1 10-count can regular buttermilk biscuits. Can cook, cool, crumble, and freeze biscuits with the cornbread crumbs ahead of time.)*

1 to 1 ½ tsp. black pepper

1 tsp. salt

1 Tbsp. poultry seasoning

1 tsp. sage

6 c. liquid (chicken stock, skim milk, and/or water) *(I use 2 c. chicken stock, 2 c. milk, and 2 c. water)*

¼ c. canola oil

2 c. chopped celery (include the leaves) **Note:** *To ease preparation, I chop celery and onions up to 3-4 days in advance and store in an airtight container.)*

2 c. chopped onions

4 eggs, beaten

1. Preheat oven to 350°F. Grease 9 x 13-inch pan.
2. Mix cornbread crumbs, biscuit/bread crumbs, black pepper, salt, poultry seasoning, and sage together.
3. Pour 3 c. liquid over crumb mixture and soak while preparing vegetables.
4. Heat canola oil in large skillet. Add celery and onions; sauté until translucent and tender. *(Since the oil is decreased, I usually sauté vegetables for about 5 minutes and then cover the pan and continue cooking until tender to keep from burning.)*
5. Combine soaked crumbs with the rest of the liquid, eggs, and vegetables. Mix well. Pour into greased pan.
6. Bake at 350°F for approx. 45 minutes or until set when pressed in the middle. *(Note: I use one 9 by 13-inch pan and one 7 by 11-inch pan to cook the dressing.)*

Yield: 30 servings

Nutritional Information: Per serving:

Calories: 119

Total Fat: 3.5 g

Cholesterol: 37 mg

Carbohydrates: 14.9 g

Protein: 4.6 g

Sodium: 233 mg

From a dear childhood neighbor with a few changes to make it healthier.