

Brown Rice and Apple Stuffing

Makes 10 Servings Prep time: 10 minutes (once rice is prepared) Cook Time 20 minutes

Ingredients:

1 ½ Cups Brown Rice
2 Cups Natural Apple Juice plus 1 ½ cups water
2 tsp Olive Oil
1 Crisp harvest apple cored and diced
½ cup onion diced
½ cup Brussels sprouts chopped fine
4 Cloves Garlic passed through a garlic press
1 carrot peeled and chopped fine
1 cup celery diced
1/3 cup oat bran or wheat bran
½ cup dried cranberries
1/3 cup slivered raw almonds
½ tsp poultry seasoning
¼ tsp thyme
Freshly ground black pepper

Preparation

1. Make rice according to package instructions.
 - a. Use the combination of 2 cups natural apple juice and 1 ½ water for the cooking liquid.
2. Place olive oil in a large skillet and heat over medium heat.
 - a. Cook all chopped fruits and vegetables until they are crisp, not soggy.
 - b. Add cooked brown rice, bran cranberries, almonds, poultry seasoning, pepper and thyme. Toss well.
3. Use as stuffing for poultry. Delicious!

Nutritional value per serving

Calories: 244
Protein: 3g
Carbs: 45g
Fiber: 3g
Sugars: 16g
Fat: 5g
Sodium: 17mg