

## Tim's Holiday Cornbread Dressing

Serving size: approx ½ cup

Serves: 15-16

### Ingredients:

2 Corn-Kits cornbread mix prepared according to directions, cooled  
(Analysis includes 2 eggs and 1 ⅓ cup skim milk prepared in the cornbread.)  
2 tablespoons butter  
1 medium onion, finely chopped  
3 stalks celery, finely chopped  
½ teaspoon garlic powder  
1 teaspoon coarse ground black pepper to taste  
1 ½ teaspoon poultry seasoning to taste  
1 tablespoon dried parsley flakes  
½ teaspoon ground thyme  
1-4 oz jar diced pimentos  
1 cup Kitchen Basics vegetable broth  
2 eggs, beaten  
½ cup skim milk  
10 ½ oz can low sodium ready to serve cream of mushroom soup  
½ cup skim milk

### Directions:

1. Prepare the Corn-Kits according to package directions. Set aside to cool.
2. Preheat oven to 375.
3. Melt the butter and sauté the onions and celery.
4. Crumble the cornbread into a large mixing bowl. Add the onions and celery. Add the seasonings, pimentos, and vegetable broth. Mix thoroughly.
5. Taste the dressing and adjust to taste.
6. In a separate bowl combine the eggs and milk. Add to dressing mixture.
7. Work the soup into the dressing mixture.
8. Add additional milk if needed to moisten the dressing. The dressing should be the consistency of thick porridge.
9. Pour into a baking dish and bake 1 ½ - 2 hours until done in the middle.

### Exchanges per serving:

1 Starch, 1 Vegetable, 1 ½ Fat

### Nutrients per serving:

Calories: 157

Calories from fat: 66

Total Fat: 7g

Cholesterol: 61mg

Sodium: 393mg

Total Carbohydrate: 19g

Dietary Fiber: 1g

Protein: 5g