



# Sourdough Dressing

## With Turkey Sausage, Walnuts, & Pomegranate

This rich dressing freezes well and can also be cooked in a slow cooker, freeing up oven and stovetop space.

Makes 10 Servings

### Ingredients

12 oz whole-wheat sourdough bread  
2 tbsp olive oil  
1 lb raw sage turkey or chicken sausages, casings removed  
1 yellow onion, chopped  
3 stalks celery, thinly sliced  
2 tsp poultry seasoning or ground sage  
1 to 1½ cups low-sodium chicken broth, or as needed  
1/3 cup unsalted walnuts, toasted and roughly chopped  
¼ cup chopped fresh parsley  
¼ cup pomegranate arils

### Steps

1. Up to 1 month in advance, make stuffing and refrigerate or freeze. Tear bread into ¾-inch pieces (you should have about 12 cups) and arrange in a single layer on a baking sheet. Let stand uncovered at room temperature for 2 days.
2. Add 1 tbsp oil to a large pan on medium heat. Add sausage and cook, breaking up meat, until browned and cooked through (8 minutes). Place in a large bowl and add stale bread.
3. Heat remaining 1 tbsp oil in the same pan on medium heat. Add onion, celery, and poultry seasoning and sauté until onion is translucent (6 minutes). Add 1 cup broth and bring to a simmer, scraping up browned bits at on bottom of pan. Pour vegetable mixture over bread and sausage. Add walnuts and parsley and mix well. Add additional broth, if needed, to moisten stuffing.
4. Cool completely and transfer to an airtight container. Refrigerate for up to 3 days, or freeze for up to 1 month. (If the dressing is frozen, 2 days before baking, place it in the fridge to thaw.)
5. To cook stuffing, place stuffing in an oven-safe baking dish. Cover with foil and bake for 20 minutes in a 425°F oven. Remove foil and continue baking until crispy on top (15 minutes). If using a slow cooker, cook on low for 3 to 4 hours. Sprinkle with pomegranate arils before serving.

### Nutrition Information

180 Calories | 32g Carbohydrates | 5g Fat | 3g Saturated Fat | 4g Fibre | 2g Protein | 66mg Sodium | 20g Sugar

Source: [www.cleaneatingmag.com](http://www.cleaneatingmag.com)