

# Roasted-Corn Bread & Bacon Stuffing

*From Cooking Light, November 2003*

## Ingredients

2 strips center-cut bacon, chopped  
½ cup fresh corn kernels (1 ear yellow corn)  
¼ cup chopped onion  
¼ cup chopped celery  
1/3 cup water  
2 corn bread muffins (or ½ of an 8x8 pan of cornbread)  
½ cup breadcrumbs  
2 teaspoons chopped fresh sage  
2 teaspoons chopped fresh thyme  
¼ teaspoon black pepper  
1/8 teaspoon salt  
¼ cup fat-free, less-sodium chicken broth  
Cooking spray

## Directions

Preheat oven to 350 degrees.

Cook bacon in a large saucepan over medium heat until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan; crumble bacon. Set aside. Add corn, chopped onion, and celery; cook 2 minutes, stirring occasionally. Stir in water, and bring to a boil. Cover, reduce heat, and simmer 5 minutes.

Crumble the corn bread into a large bowl, and stir in the breadcrumbs. Add corn mixture, sage, thyme, black pepper, salt, and bacon; stir to combine. Add broth; stir gently to coat. Place mixture in a (1-quart) baking dish coated with cooking spray. Bake at 350 degrees for 30 minutes.

## Nutrition Information

Makes 4 servings. Serving size: 2/3 cup.

Calories: 171; Total Fat: 5.7g (Saturated Fat: 2.5g); Cholesterol: 28mg; Sodium: 396mg; Total Carbohydrate: 25.5g; Dietary Fiber: 2.4g; Protein: 5.7g

