

From the cookbook "Man Can Cook"  
By Robert Sturm



### Brown Rice Stuffing

#### Ingredients:

- ¼ Cup Celery, small diced
- ¼ Cup Sweet Onion, small diced
- 1 TB Canola Oil
- 1&½ tsp. Poultry Seasoning
- ½ All Purpose Seasoning
- 1 Cup Chicken Stock
- 1 Cup Brown Rice, cooked (boil in water 30 minutes, drain, rinse)
- 2 TB. Sage, fresh, minced (12 large leaves)
- 3 Cups Lowfat Croutons, unseasoned
- ½ Cup Pecan Pieces
- 2 TB. Parsley fresh, minced

#### Directions:

Preheat oven to 350F. Saute celery and onion till tender. Add seasonings and stock. Bring to a boil. In a bowl combine brown rice, croutons, and pecans. Add stock and parsley. Stir till mixed well. Place stuffing mixed in an oiled casserole dish. Bake at 350F for 45 minutes.

Serves 4

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