

From the cookbook "Man Can Cook"  
By Robert Sturm

## Multi Grain Corn Bread Stuffing

### Ingredients:

- 1 Cup Celery, small diced
- 1 Cup Sweet Onion, small diced
- 2 TB. Olive Oil
- 2 TB. Garlic
- 1 tsp. Poultry Seasoning
- ½ All Purpose Seasoning
- 2 Cup Chicken Stock
- ½ Cup Brown Rice, cooked (boil in water 30 minutes, drain, rinse)
- ½ Cup Quinoa, cooked (boil in water 10 minutes, drain, rinse)
- ½ Cup Wheat Berries, cooked (boil in water 45 minutes, drain, rinse)
- ½ Cup Barley, cooked (boil in water 35 minutes, drain, rinse)
- ½ Cup Wild Rice, cooked (boil in water 30 minutes, drain, rinse)
- 1 Cup Golden Raisins, organic
- 2 Cup Cornbread Pieces (8 ounces)
- 3 Cups Low-fat Croutons, unseasoned
- ½ Cup Walnut Pieces
- ½ Cup Basil, fresh, shredded
- 4 TB. Parsley fresh, minced



### Directions:

Preheat oven to 350F. Sauté celery, onion and garlic till tender. Add seasonings and stock. Bring to a boil. In a bowl combine cooked grains, croutons, cornbread, raisins and walnuts. Add stock, basil and parsley. Stir till mixed well. Place stuffing mixed in an oiled casserole dish. Bake at 350F for 1 hour.

Serves 8

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