

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Butternut Squash, Brussels Sprout, and Bread Stuffing with Apples



1 pound butternut squash, cubed
1 pound Brussels sprouts, halved
1 medium gala apple, cut into a 1/2 inch dice
2 shallots, thinly sliced
3 tablespoons olive oil, divided into 2 tbsp. and 1 tbsp.
1 cup onion, diced
1 cup celery, diced
10 slices bread of choice: crusty sourdough, dry cornbread, whole grain, or, if you are gluten free, millet bread from *Food for Life* will work

nicely. Prior to preparing the recipe, leave bread out for a day to become slightly dry, then cut into cubes.

1 1/2 cups vegetable broth (plus extra as needed)
2 teaspoons fresh rosemary, chopped
1 teaspoon fresh thyme
1 teaspoon chopped fresh sage
1/3 cup dried cranberries
1/3 cup pecans or walnuts
Sea salt and pepper to taste

Heat oven to 400 degrees. Toss the squash, Brussels sprouts, apples, and shallots in 2 tbsp. oil and season well with salt and pepper. Roast till vegetables are very tender (I actually like my sprouts a bit singed) and remove from oven. Reduce oven heat to 350.

Heat other tbsp. oil in a large pot. Sautee the onion and celery till translucent (about 5-8 min). Add the bread cubes and allow them to get golden brown with the veggies in the oil. Add a dash of salt and pepper.

Add the roasted vegetables, vegetable broth, cranberries, pecans, and seasonings. Stir the mix till the broth has almost entirely absorbed in the toasted bread. Transfer to a baking sheet and bake at 350 for about 20 minutes. Serve hot and delicious.

Recipe found at choosingraw.com