

Pumpkin Stuffing



Ingredients

- 3-5 pound pumpkin
- ¼ pound reduced fat cheddar cheese
- ¼ pound stale whole wheat bread
- 2 stalks of celery
- ½ cup walnuts
- ½ Tbsp. sage
- ½ Tbsp. thyme
- 4 slices of turkey bacon
- 1 medium yellow onion, chopped
- 9 oz. mushrooms, sliced

Directions:

1. Preheat oven to 350 degrees.
2. Carefully cut a cap into the top of the pumpkin. Remove the seeds and strings from the inside and cap of the pumpkin.
3. Generously salt and pepper the inside of the pumpkin.
4. In a large bowl, mix bread, celery, walnuts, thyme, sage and cheese.
5. In a large skillet, cook the turkey bacon until crisp. Remove the bacon and add onions to the skillet. Sauté the onions for about 3 minutes.
6. Add mushrooms to the onions and continue to sauté for an additional two minutes.
7. Pour contents into pumpkin. Add cap on pumpkin and bake for 90 minutes.
8. Remove the cap and continue to cook for 20 to 30 more minutes.
9. Serve and enjoy!

*Yield 12 servings, serving size: 1 serving. Calories: 186.
Fat: 9.5 g. Cholesterol: 23 mg. Sodium 412 g. Carbohydrates: 17 g.
Fiber: 4.25 g. Sugar: 3.6 g. Protein: 11.8 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*