



## Turkey Sausage Stuffing

- 12 oz roll of low fat mild turkey sausage
- 1/2 c. leeks, chopped
- 4 c. cauliflower, chopped
- 1/2 c. low sodium chicken or vegetable broth
- 1/4 c. walnuts, chopped
- 1/4 c. parsley, chopped
- 1 tsp. fresh sage, minced
- 1/4 tsp salt
- 1/2 tsp pepper

Cook the sausage in a large sauté pan, breaking it up into small pieces. Add the onions and celery to the pan and cook for about 5 minutes or until softened. Add the cauliflower and cook for about 8 minutes. You want it to brown and caramelize a bit, so don't stir too often. Add the broth and cook on medium heat until no liquid remains in the bottom of the pan. Add the walnuts and cook for about 2 minutes. Remove from the heat and stir in the parsley and sage. Season with salt and pepper.

Makes 8 servings

Each serving contains 1/4 Lean, 1 1/3 Green, 1/4 Condiment and 1/2 condiment