

Cranberry Cornbread Dressing

½ c. plus 2 tbsp yellow cornmeal
½ c. plus 1 tbsp all-purpose flour
3 scallions, thinly sliced
2 tbsp minced dill
1 tbsp sugar
½ tsp baking powder
½ tsp baking soda
¼ tsp salt
3 egg whites
½ c. fat-free milk
2 tbsp canola oil
1 c. apple juice
½ c. chopped dried apricots
¼ c. dried cranberries
1 cinnamon stick
4 slices stale whole-wheat bread, cubed

Pre-heat oven to 425. Spray an 8" baking dish with non-stick cooking spray.

To prepare the cornbread, in a medium bowl, combine cornmeal, flour, scallions, dill, sugar, baking powder, baking soda and salt. In another medium bowl, combine 2 of the egg whites, milk and oil, and pour over the cornmeal mixture. With a wooden spoon, beat for 30 seconds. Spoon batter into baking dish, and bake until the edges are golden and a toothpick inserted in the center comes out clean (12-15 minutes). Cool in the pan 10 minutes, then remove and cool completely on rack.

In a small saucepan, combine the apple juice, apricots, cranberries and cinnamon stick; bring to a boil. Reduce the heat and simmer until the liquid is reduced by half, 5-10 minutes. Discard cinnamon stick.

Preheat oven to 325. Spray a 2 quart casserole with nonstick cooking spray. Crumble the cornbread into a large bowl; add the juice mixture, the remaining egg white and the bread cubes. Mix until just combined. Transfer to casserole. Bake until golden, 40-50 minutes.

Courtesy of Anne Richmond
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