

## Seasonal Stuffing

By Audrey Sun, Public Health-Global Health: Nutritional Sciences Major, UW Farm Fall Nutrition Education intern.



Photo from [Kitchen Confidence](#)

This week's recipe is a delicious and seasonal play on stuffing. Using ingredients like leeks and delicata squash, the stuffing has many of the traditional fall tastes but with a little more complexity. Whether you celebrate thanksgiving or not, you'll want to make this dish. Slightly

sweet from the alliums and squash, savory from the mushrooms and stock, and the crispy top of crusty bread and cheese

The stuffing itself is vegetarian but can be made vegan if you substitute butter, chicken stock, and parmesan.. Like many of my other recipes it is extremely customizable to your preferences, celery can be a controversial flavor so if you don't like it just add more onions. Use what veggies you have if you are missing some of the ingredients. Bear with me on this one as it requires a lot of prep work, but I promise it's worth it and is a delight to share at potlucks.

### **Ingredients:**

- 1 pound bread or 10 cups, 1-inch cubes, preferably toasted or stale
- 3/4 cup unsalted butter
- 1 large onion, diced
- 2 medium leeks, diced
- 4 ribs of celery, diced
- 3 cups kale, chopped
- 1 cup parmesan, shredded
- 2 cups button mushrooms, halved and sliced
- 2 medium delicata, de-seeded, cut into fourths and sliced (you can really substitute any winter squash)
- 6 cloves of garlic, minced
- kosher salt and pepper
- 3 tablespoons chopped fresh sage
- 3 tablespoons chopped fresh rosemary
- 1/2 cup chopped fresh parsley
- 2 1/2 cups chicken, turkey, or vegetable stock
- 1/2 cup of white wine
- 2 large eggs

### **Instructions:**

1. Heat your oven at 400 F.

2. Place all your cut vegetables (onions, leeks, mushrooms, celery, squash and kale) onto the largest pan you have, or split into two if there isn't enough space.
3. Drizzle with olive oil, salt, and pepper. Tossing to coat evenly. Bake for 25-30 minutes or until the vegetables are cooked through, stirring occasionally so it doesn't burn. Take out the vegetables, allowing to cool, turn the oven to 425 F.
4. In a medium saucepan over medium high heat, add your white wine and let it reduce by half.
5. Add in your butter and stock, stirring before turning off the heat. Allow to cool down before stirring in two eggs and a teaspoon of salt..
6. In a large mixing bowl, add your stale bread cubes, parmesan, herbs, garlic and veggies. Mix gently. Slowly add in your stock mixture, gently folding to mix. Add until evenly saturated (if you run out of liquid you can add more plain stock).
7. In a butter greased 9 by 13 baking dish, add in your stuffing mix. Optionally sprinkle over some extra cheese and freshly cracked black pepper. Cover with aluminum foil before baking for 30 minutes. Uncover and turn the oven to 450, baking for about 10 minutes or until the top is crispy (make sure to keep an eye on it at this point so it doesn't burn).
8. Serve by itself or drizzled with gravy and enjoy!

### **Nutrition Corner: Leeks**

Did you know! Leeks are rich in many vitamins including K, A, and C. In one portion of leeks you can get more than half the recommended daily amount of Vitamin K. Vitamin K is used in the body to help blood clot and some studies think it might be linked to helping prevent osteoporosis.

100 grams of leeks, (bulb and lower leaf-portion), raw provides:

Calories: 61 kcal

Carbohydrates: 14.2 grams

Protein: 1.5 grams

Fat: 0.3 grams

Fiber: 1.8 grams

Vitamin K: 47 micrograms (59 percent DV)  
Vitamin A: 1,667 international units (33 percent DV)  
Manganese: 0.5 milligrams (24 percent DV)  
Vitamin C: 12 milligrams (20 percent DV)  
Folate: 64 micrograms (16 percent DV)  
Vitamin B6: 0.2 milligrams (12 percent DV)  
Iron 2.1: milligrams (12 percent DV)  
Magnesium: 28 milligrams (7 percent DV)  
Calcium: 59 milligrams (6 percent DV)  
Copper: 0.1 milligrams (6 percent DV)  
Potassium: 180 milligrams (5 percent DV)  
Vitamin E: 0.9 milligrams (5 percent DV)

Source: [USDA](#)