

# Vermont Morning® Savory

# Dressing / Stuffing®

Instead of bread-based stuffing, use **Vermont Morning®** with all its whole-grain goodness, no sugar, no additives. Use this basic recipe for a chicken or for 4 - 6 Rock Cornish Game Hens or pork chops. For a large turkey, you will double or triple this. Experiment. That's half the fun. Makes 4 - 5 cups. If you make too much, freeze it for next time.

<ul style="list-style-type: none"><li>• 2 cups <b>Vermont Morning®</b> multi-grain hot cereal (not cooked)</li><li>• 2 ½ cups chicken broth (low sodium, low fat)</li><li>• Salt and pepper to taste (broth can be very salty!)</li> <li>• 2 c breakfast sausage, bulk or remove the casings. Turkey sausage is fine. Just nothing with sugar in it.</li></ul>	<ul style="list-style-type: none"><li>• 1 cup chopped onion</li><li>• 2 celery chopped stalks</li><li>• 1 cup chopped mushrooms</li><li>• 2 teaspoons summer savory (or Bell's poultry seasoning or your favorite dressing herb)</li><li>• 1/3 cup dried cranberries or chopped apricots or raisins</li></ul>
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1. Always make dressing in advance so you stuff the meat with cold dressing. Never dress fowl with warm dressing.
2. In a large non-stick frying pan, sauté the sausage, onions, celery and mushrooms until the sausage is browned. Drain the fat and any liquid.
3. While the sausage is cooking, prepare **Vermont Morning®** per the instructions for microwave or stove top. It isn't essential to get it completely cooked because you will sauté it later for a while and it also will cook in the chicken or other meat. This calls for less liquid because you want the cooked cereal to be dry, not wet.
4. Pour the cooked **Vermont Morning®** into the pan and combine thoroughly with the meat mixture. Add the herbs / spices. Sauté on medium-high for 10 – 15 minutes, turning the mixture frequently so it browns and dries. (If you have doubled or tripled this for a large bird, you may want to do this hash sauté in stages or in multiple pans.) Think of how you cook hash or hash browns, so that some is crispy and well browned and some isn't. This is what you are trying to achieve here. If it is too wet, just cook it longer. The flavor develops more with the browning. When it is nearly done, mix in the dried fruit.
5. When it is cooked to your liking, remove it from the heat and cool. Cover and refrigerate until you are ready to use.
6. Fill the fowl's cavity and truss. Cook per fowl's instructions. Extra dressing can be warmed in a covered casserole dish in the oven.

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