Cornbread Dressing

This classic dressing features the Louisiana trinity of onion, celery and bell pepper along with the traditional Thanksgiving flavors of sage and thyme. Try our variations below to add even more seasonal and regional flavor for your holiday plate!

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<tbody>
<tr>
<td>12 SERVINGS</td>
<td>15 MIN</td>
<td>45 MIN</td>
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INGREDIENTS

For the Classic Version:

1 batch Cornbread Muffins (see separate recipe and chef’s note)
1 Tbsp Olive or Canola Oil
1 each Onion, diced
1 each Bell Pepper, any color, diced
2 stalks Celery, diced
2 cloves Garlic, minced
2 cups Chicken or Vegetable Stock, homemade or no salt added
1 tsp Poultry Seasoning
1 tsp Sage, fresh, minced
½ tsp Thyme, fresh, minced
½ tsp Kosher Salt
To Taste Black Pepper, freshly ground
3 large Eggs, lightly beaten

For the Sausage, Pecan & Cranberry Version, add:
8 oz Breakfast Sausage
½ cup Pecans, toasted, chopped
½ cup Dried Cranberries, reduced sugar
1 each Apple, any variety, diced (substitute for the Bell Pepper)

For the Creole Shrimp Version, add:
8 oz Shrimp, peeled and deveined
3 Tbsp Salt-Free Creole Seasoning (see separate recipe)
3 each Green Onions, diced
2 Tbsp Parsley, chopped

DIRECTIONS

1. **Do in advance:** Crumble the cornbread into chunks and place on a sheet tray. Allow to dry out overnight. If you are short on time, you can do this in the oven at 250°F until dry to the touch, about 30 minutes.

2. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Spray a 2 to 3-quart casserole dish with cooking spray and set aside.

3. Heat a large sauté pan over medium heat and once hot, add the oil. Add the onions, bell pepper, and celery and cook until softened and lightly browned, about 5-7 minutes.

4. Add the garlic and cook until fragrant, about 30-60 seconds.

5. Add the stock and all seasonings, stirring with a wooden spoon to scrape up any brown bits.

6. Remove from the heat and add the cornbread, tossing to coat the bread. Add the beaten eggs and stir until well combined.
7. Transfer the dressing to the prepared casserole pan and bake until browned and crisp on top and an internal temperature of 165°F is reached, about 30-45 minutes.

For the Sausage, Pecan & Cranberry Version:

- In step 3, start by browning the sausage in the pan. Once cooked through, remove to a plate and set aside.
- Continue with remaining steps, swapping out the apple for the bell pepper.
- In step 6, add the cooked sausage, pecans, and cranberries with the cornbread.

For the Creole Shrimp Version:

- In step 3, start by searing the shrimp in the pan (about 1-2 minutes per side). Once cooked through, cut into bite-sized pieces, remove to a plate, and set aside.
- Continue with remaining steps, adding the green onion to the trinity mixture.
- In step 6, add the cooked shrimp, Creole seasoning, and parsley.

### Classic Version:

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Sausage, Pecan &amp; Cranberry:</th>
<th>Creole Shrimp:</th>
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</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
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<tr>
<td>12 servings per container</td>
<td>16 servings per container</td>
<td>16 servings per container</td>
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<tr>
<td><strong>Serving Size</strong></td>
<td>1/2 cup (151 g)</td>
<td>1/2 cup (137 g)</td>
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<tr>
<td><strong>Amount per serving</strong></td>
<td><strong>Calories</strong></td>
<td><strong>Calories</strong></td>
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<tr>
<td></td>
<td>160</td>
<td>210</td>
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<tr>
<td><strong>% Daily Value</strong></td>
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<td><strong>% Daily Value</strong></td>
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<tr>
<td></td>
<td>6%</td>
<td>12%</td>
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<tr>
<td><strong>Total Fat 4.5g</strong></td>
<td><strong>Saturated Fat 2g</strong></td>
<td><strong>Cholesterol 65mg</strong></td>
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<td>10%</td>
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<tr>
<td><strong>Vitamin D 0.35mcg</strong></td>
<td><strong>Calcium 50mg</strong></td>
<td><strong>Iron 1mg</strong></td>
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<tr>
<td></td>
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Eating Well, “Sage Cornbread Dressing” (November 2021)