

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!

CHEF'S NOTES

The cornbread base of this dressing uses our cornbread muffin recipe which can be baked in a cast-iron skillet, square baking pan, or muffin tin for this purpose. If you prefer, you can also substitute 8 cups of any torn or cubed bread for the cornbread.

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	15 MIN	45 MIN

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

- 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.
- 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.
- 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.
- Add the garlic and cook until fragrant, about 30-60 seconds.
- Add the stock and all seasonings, stirring with a wooden spoon to scrape up any brown bits.
- 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:

Nutrition Facts	
12 servings per container	
Serving Size	1/2 cup (151 g)
Amount per serving	
Calories	160
% Daily Value *	
Total Fat 4.5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 330mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 6g Added Sugars	11%
Protein 6g	11%
Vitamin D 0.35mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 200mg	4%

*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.

Sausage, Pecan & Cranberry:

Nutrition Facts	
16 servings per container	
Serving Size	1/2 cup (137 g)
Amount per serving	
Calories	210
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 380mg	16%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	10%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 7g	15%
Vitamin D 0.26mcg	0%
Calcium 40mg	3%
Iron 0.86mg	5%
Potassium 100mg	3%

*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.

Creole Shrimp:

Nutrition Facts	
16 servings per container	
Serving Size	1/2 cup (131 g)
Amount per serving	
Calories	140
% Daily Value *	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 7g	13%
Vitamin D 0.26mcg	0%
Calcium 40mg	3%
Iron 1mg	6%
Potassium 200mg	3%

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



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