

# Fake-out Stuffing

12 cauliflower veggie tots (Green Giant)	2 eggs
1 c frozen pepper/onion mix	1 c turkey sausage crumbles OR 1 c chicken breast, diced OR 1 c pork sausage crumbles
1 c frozen veggie mix (corn, carrots and green beans)	salt
2 stalks celery, chopped in half moons	pepper
1/4 onion, diced	garlic powder
1 c riced cauliflower	onion powder
1 c low-sodium chicken broth OR equivalent made with instant bouillon	poultry seasoning (parsley, sage, rosemary, thyme OR whatever blend)
3/4 c quick oats	<b>OPTIONAL</b> -- 1/2 c shredded cheese of choice, craisins, chopped walnuts or pecans

## Directions

- Pre-heat oven to 325.
- Spray a bowl with cooking spray, throw in the tots, pepper/onion mix and mixed veggie mix and nuke for 3 minutes.
- When they're done, the tots should be gummy. This is good. They're going to help bind everything together and give it that stuffing texture. So stir everything up into a gooey mess.
- Cut up the celery into half moons. Dice the onions.
- Spray a big skillet or wok with Pam and toss in the turkey sausage or chicken breast. Throw in the celery and onions and start stir-frying. Add half the broth and let the veggies soften and the broth cook down a bit. Add the riced cauliflower. Season with salt, pepper, garlic powder onion powder and poultry seasoning to taste.
- Stir in the tot and pepper/onion hot mess.
- Stir the remaining broth into the skillet mixture. Add the oatmeal.
- Stir and cook for a few minutes.
- Crack the two eggs into the skillet and toss that bad boy to get that eggy goodness everywhere. Use a third egg if you want it creamier or to up the protein. (Keep stirring or you'll have stickage!)
- Stir in the optional items -- cheese, craisins, nuts, whatever floats your boat.
- Spray a casserole dish with Pam. Dump skillet fixin's in it. Put a cover on it. Throw it in the oven and bake until the top of your stuffing is looking GBD -- golden brown delicious. (You may have to remove the cover after 15 or 20 minutes and let the top brown.)
- Your stuffing should have a similar texture to the fully-leaded bread stuffing mom made. And like mom's, this stuff is amazing reheated in the nuker after Turkey Day.
- Vegan? Dump the meat or go with soy crumbles and use a veggie broth. Maybe add some mushrooms? Go crazy.

