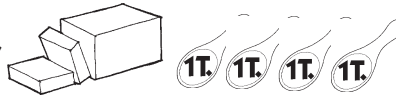


Old-fashioned Dressing

Ingredients

Makes 10 servings

4 Tablespoons margarine or butter



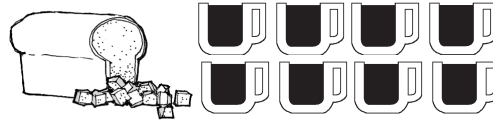
2 cups celery, diced



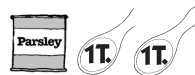
1 cup onion, chopped



8 cups dried bread cubes or cornbread



2 Tablespoons chopped, dried or fresh parsley



1/4 cup sliced mushrooms



1 teaspoon ground sage



3/4 teaspoon poultry seasoning



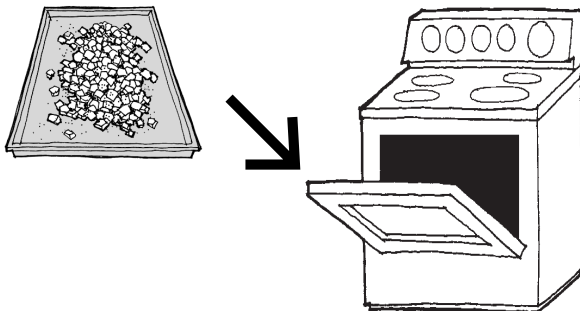
1 teaspoon pepper



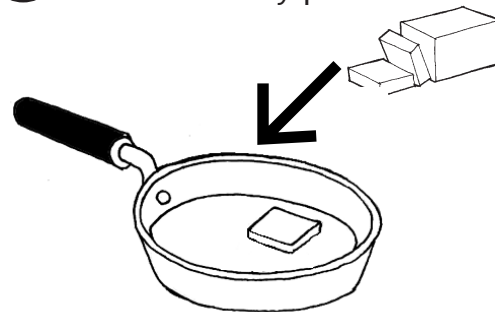
3 cups chicken or turkey broth



1 Toast bread cubes and set aside for later use.

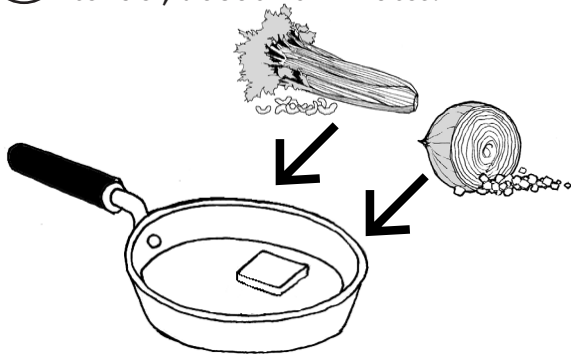


2 Melt margarine or butter in a medium-size fry pan.

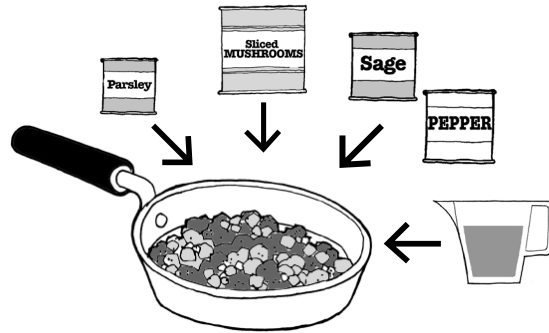


Old-fashioned Dressing

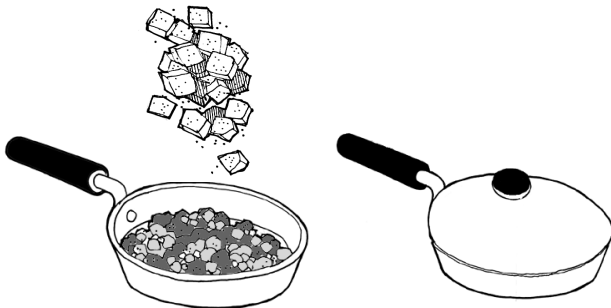
3 Add celery and onion; cook until tender, about 10 minutes.



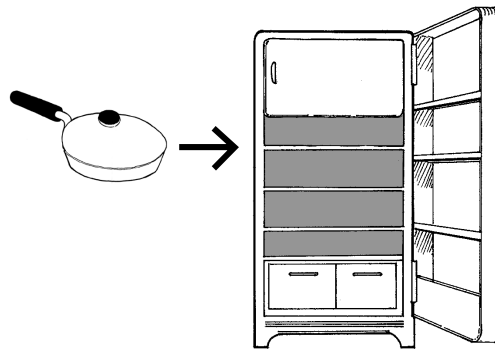
4 Add parsley, mushrooms, seasoning, and broth. Cook 5 minutes.



5 Remove from heat and add toasted bread cubes. Cover and let stand 10 minutes. Serve immediately.



6 Refrigerate leftovers within 2 hours.



Old-fashioned Dressing gives us:

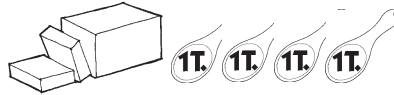
B
VITAMINS Turn food into energy

Relleno Tradicional

Ingredientes

Para 10 porciones

4 cucharadas de **margarina** o mantequilla



2 tazas de **apio** picado



1 taza de **cebolla** picada



8 tazas de **cubitos de pan reseco** o pan de maíz



2 cucharadas de **perejil fresco** picado o 2 cucharadas de **perejil seco** picado

1/4 taza de **champiñones** picados



1 cucharadita de **salvia**



3/4 de cucharadita de **sazón para aves**



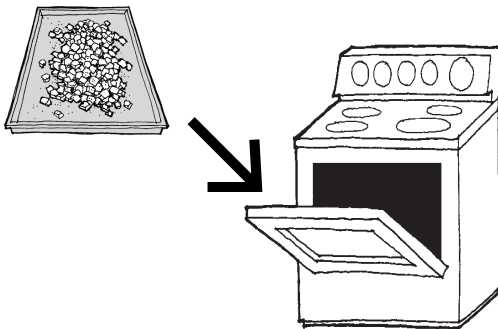
1 cucharadita de **pimienta**



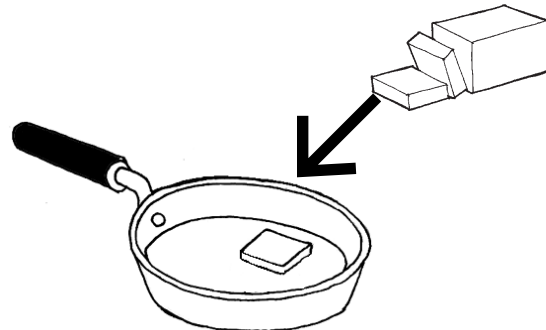
3 tazas de **caldo de pollo** o pavo



1 Tueste el pan reseco y sáquelo para usarlo más tarde.

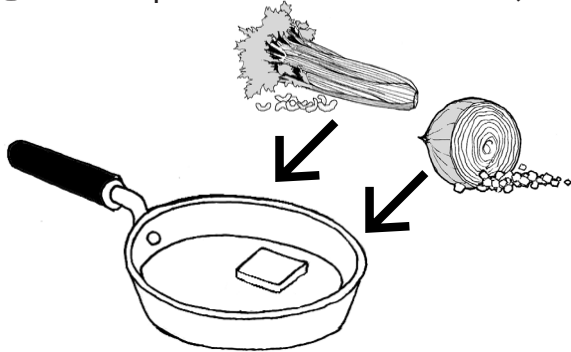


2 Derrita la margarina en una sartén mediana.

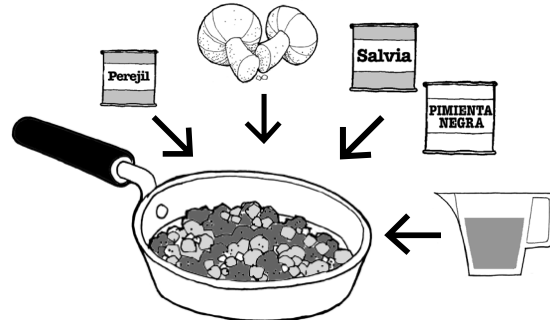


Relleno Tradicional

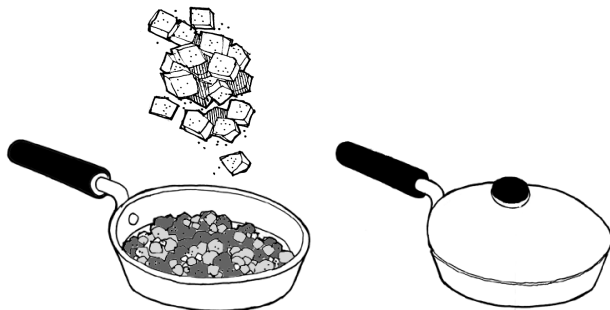
3 Añada la cebolla y el apio. Cocine hasta que ablanden (10 minutos).



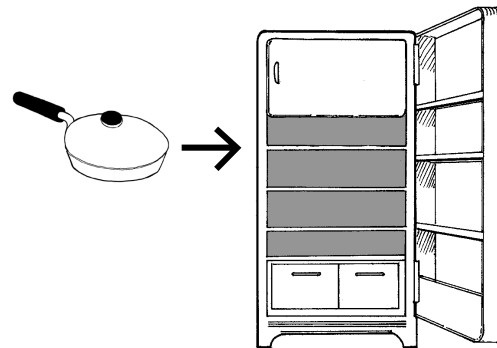
4 Añada el perejil y los champiñones, los ingredientes secos y el caldo de pollo. Cocine por 5 minutos.



5 Quite la sartén del fuego y añada el pan reseco. Tape y deje reposar por 10 minutos. Sirva inmediatamente.



6 Guarde lo que no se coma en el refrigerador dentro de 2 horas.



Relleno Tradicional nos da:

VITAMINAS
B Convierten los alimentos
en energía.