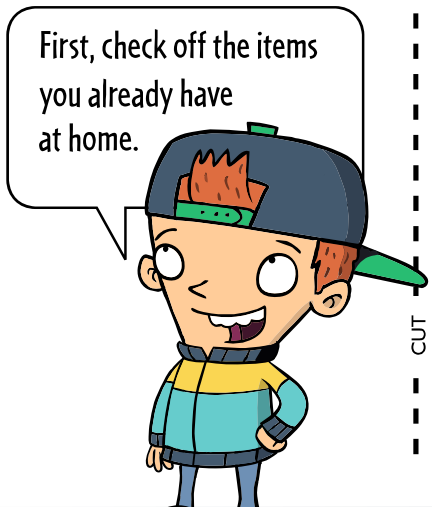
SHOPPING LIST

Pear & Pecan Stuffing

- Nonstick Cooking Spray
- Whole-Wheat Baguette
- Olive Oil
- Bosc Pears
- Butternut Squash
- Onion
- Kosher Salt
- Black Pepper
- Fresh Thyme
- Garlic Cloves
- Pecans



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Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Pear & Pecan Stuffing

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6-8
YES	Over an hour	Hard	

YOU WILL NEED

- Nonstick cooking spray
- **1** whole wheat baguette, halved lengthwise and cut into 1-inch chunks
- **2 tablespoons** olive oil
- **3** medium Bosc pears, peeled, cored, and cut into 6 wedges each
- ½ small butternut squash, peeled, seeded, and cut into ½" cubes
- **1** medium onion, minced
- Kosher salt and black pepper
- **1 tablespoon** minced fresh thyme
- **2** garlic cloves, minced
- **¼ cup** chopped pecans, toasted

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Preheat the oven to 400˚. Spray a 13 x 9-inch baking dish with nonstick cooking spray. Place the bread in a large mixing bowl and set aside.

STEP 2: Heat a nonstick skillet over medium-high heat; once hot, add 1 tablespoon of the oil. Add the pears, cut side down, and cook about 3 minutes. Flip the pears and cook about 3 minutes longer. Transfer the pears to a bowl and set aside.

STEP 3: Heat the remaining tablespoon of oil in the skillet over medium-high heat. Add the squash, onion, and 1/2 teaspoon salt, and cook 7 to 10 minutes. Stir in the thyme and garlic and cook for 1 minute. Add the chicken broth and cook about 2 minutes.

STEP 4: Transfer the squash mixture to the bowl with the bread. Add 1 teaspoon salt and 1/2 teaspoon pepper, and mix to combine. Spread the stuffing evenly into the baking dish. Nestle the pears into the top of the stuffing. Sprinkle with the pecans and bake until the top is lightly browned, about 35 minutes. Let cool for 10 minutes before serving.

Nutrition Facts

Serving Size 1 serving (175g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 36g	12%
Dietary Fiber 9g	36%
Sugars 12g	
Protein 7g	

Vitamin A 90% • Vitamin C 25%
Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4