



Roasted Chestnut and Pear Stuffing

Recipe by: Chef Emily Richards

Location: Guelph, ON

Servings: 6 to 8 people

Preparation Time: 1 hour, 30 minutes



Roasting the vegetables adds a wonderful texture and sweetness to this stuffing. Roast the chestnuts ahead to enjoy as a snack while the stuffing is cooking, so be sure to buy extra!

INGREDIENTS

- 4 cloves garlic, minced
- 2 large pears, cored and chopped
- 1 large onion, chopped
- 1 each carrot and celery stalk, chopped
- 2 tbsp (30 mL) chopped fresh sage or 2 tsp (10 mL) dried sage leaves
- 1/2 tsp (2 mL) dried thyme leaves
- 1/4 tsp (1 mL) each salt and pepper
- 2 tbsp (30 mL) canola oil
- 2 tbsp (30 mL) butter
- 6 cups (1.5 L) chopped bread (mixture of white, whole wheat or whole grain)
- 1 cup (250 mL) roasted chestnuts, chopped
- 1 1/2 cups (375 mL) low sodium vegetable broth
- 3 tbsp (45 mL) chopped fresh parsley

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. When it comes to baking, [KitchenAid® Ranges](#) with Even-Heat™ True Convection are a great choice.
2. In a large bowl, toss together garlic, pears, onion, carrot, celery, sage, thyme, salt and pepper with oil to coat. Spread onto prepared sheet. Roast for 30 minutes or until golden and tender.
3. Meanwhile, melt butter over medium-high heat in a large nonstick skillet. Add bread and toast, stirring constantly about 4 minutes or until lightly golden.
4. Return vegetables to large bowl and stir in toasted bread, chestnuts, parsley and 1 cup (250 mL) of the broth. Spread into a sprayed baking dish (about 11 x 7 inch), and drizzle remaining broth all over. Cover with foil and return to oven for 30 minutes or until heated through.
5. To make ahead: place in baking dish and refrigerate for up to 2 days. Bake in 350°F (180°C) oven for about 45 minutes or until heated through. A [KitchenAid® Refrigerator](#) with an undershelf prep zone is perfect for making this dish ahead.
6. Roasting Chestnuts: You will need at least 8 oz (250 g) of fresh chestnuts for this recipe. Cut an X in the rounded side of the chestnuts and place on baking sheet. Roast in 400°F (200°C) oven for about 30 minutes or until tender and golden on the inside. Let cool slightly and using a tea towel, break skin and peel off. If you end up roasting extra you can freeze them to make the recipe again another time! Or enjoy the roasted chestnuts as a snack. No time to roast chestnuts? Look for roasted chestnuts in small bags in the produce or international aisle of the grocery store. You will need 2 (100 g each) bags for the recipe.

Tip: For a crisp topped stuffing, remove foil for the last 10 minutes or baking.

Nutrition Facts	
Per 1 serving (215 g)	
Calories 230	% Daily Value*
Fat 11 g	15 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 3 g	11 %
Sugars 12 g	12 %
Protein 8 g	
Cholesterol 0 mg	
Sodium 320 mg	14 %
Potassium 100 mg	9 %
Calcium 100 mg	8 %
Iron 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot

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