

## Savory Apple Buckwheat Stuffing

### Ingredients

1 cup kasha (medium or coarse)  
1 egg or egg white, slightly beaten  
1/4 cup butter, margarine or olive oil  
  
1 cup each chopped onion and celery  
2 cups chopped unpeeled apples  
1/2 tsp. ground sage  
2 cups hot chicken or turkey broth  
Salt and pepper to taste



### Directions

1. Combine kasha and egg or egg white.
2. Heat heavy skillet or pan (with tightly fitting lid); sear kasha until egg is cooked (2-3 minutes); remove from pan.
3. Add butter to same pan; saute onion, celery and apples;
4. Season with sage.
5. Return Kasha to pan and carefully add boiling broth;
6. Reduce heat and simmer, covered, until liquid is absorbed (8-11 minutes).
7. Adjust seasonings.
8. Cool thoroughly before stuffing poultry.
9. Or bake separately in covered casserole at 350° for 45 minutes.