Veggie Cornbread Dressing

About the Recipe

139 Calories · 2 g Protein · 2 g Fiber
Side Dish

Ingredients

Makes 20 Servings

- 1 1/2 cups (210 g) stone-ground yellow cornmeal
- 1 cup (125 g) gluten-free 1-to-1 baking flour
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 2 cups (475 mL) plain unsweetened oat milk
- 1/4 cup (60 mL) canola oil (see below for oil-free option)
- 1/4 cup (60 mL) maple syrup
- 1 tablespoon (15 mL) apple cider vinegar
- 2 tablespoons (7 g) flax meal
- 1/4 cup (60 mL) water
- 2 tablespoons (30 mL) olive oil or soy-free vegan butter (see below for oil-free option)
- 2 celery stalks, thinly sliced
- 2 medium carrots, thinly sliced
- 1 onion, roughly chopped
- 1 8-ounce package sliced baby bella or cremini mushrooms
- 6 cloves garlic, minced
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 cup (30 g) chopped parsley, divided (2 tablespoons on top)
- 1 1/2 cups (355 mL) low-sodium vegetable broth

Directions

1. Preheat the oven to 400 F. Line a large baking sheet (no bigger than 16 inches by 12 inches) with parchment paper.
2. Add the cornmeal, flour, salt, and baking soda to a bowl and whisk to combine. Add the milk, oil, maple syrup, and apple cider vinegar. Whisk to combine everything into a batter. Transfer batter to the prepared baking sheet and use a spatula to spread into an even, thin layer. Bake for 14-16 minutes until the edges have browned slightly and a toothpick inserted in the middle comes out clean. Remove from the oven and let cool for 10 minutes.
3. After it cools enough to touch, cut the cornbread into 1-inch squares. Toss them around on the baking sheet and roughly chop the squares into misshapen pieces; some squares will remain. Place back in the oven and bake for 5 minutes until starting to get crispy.
4. Add the flax and water to a small bowl, whisk to combine, and set aside. The mixture will thicken.
5. Heat the oil in a large skillet. Add the celery, carrots, onion, and mushrooms and saute for 6-8 minutes until the mushrooms have reduced in size by half. Add the garlic, sage, thyme, salt, and pepper and saute 1 additional minute until fragrant.
6. Set aside 2 tablespoons of the parsley for garnish. Add the rest of the parsley to the skillet with the cornbread, flax mixture, and vegetable broth. Mix to combine everything, being sure to get the flax mixture well incorporated. Transfer to a lightly greased 2 1/2-quart baking dish.
7. Bake for 25-30 minutes until dry and slightly browned on top. Garnish with remaining parsley and serve warm.OIL-FREE: Omit the oil from the cornbread and use 1/4 cup (60 g) unsweetened applesauce in its place. Omit the oil from sauteing and instead use 2 tablespoons (30 mL) of water or low-sodium vegetable broth. Add more liquid as needed.

Nutrition Facts

Per serving:
Calories: 139
Fat: 5 g
Saturated Fat: 1 g

% Calories From Fat: 32%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 22 g
Sugar: 3 g
Fiber: 2 g
Sodium: 328 mg
Calcium: 49 mg
Iron: 1 mg
Vitamin C: 3 mg
Beta-Carotene: 585 mcg
Vitamin E: 1 mg