

Rosie's Low Phe Stuffing (from CanPKU News Issue no. 6, December 2011)

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Christmas is almost here! Make sure your PKU loved one doesn't miss out on one of the best parts of Turkey dinner: **stuffing!** This recipe is EXACTLY the same as my family recipe except for the low phe bread cubes. If you don't have any of the Cambrooke Foods Artisan Loaves replace with whatever low-phe bread you do have (subtract 36mg of phe from the recipe total, and add in the phe amount of your bread).

With this on the table, the PKU people at your holiday table can enjoy everything but the turkey! (Bonus tips: replace the butter and milk in your mashed or whipped potatoes with olive oil, or a combo of phe-free margarine and rice dream, and thicken the left over broth from this recipe with corn starch & water for phe-free gravy!)

Prep time: 10 minutes

Cooking time: 10 minutes

Oven time: 45-60 minutes

Total Phe: 8.86 exchanges or 133mg

Yield: 4 cups/servings

Phe per serving: 2.23exch or 33.5mg

INGREDIENTS:

2 tbsp butter

56g of craisins

100g of onion, chopped

100g of celery, chopped

170g of Cambrooke Foods Artisan Bread, cubed

1/2 tsp of thyme

1/2 tsp of sage

2 oz of prepared G.Washington Golden Broth

INSTRUCTIONS:

Heat butter in saucepan over med-high heat. Saute onions and celery until soft and golden. Add craisins, sage and thyme; heat through. Add cubed bread and prepared broth. Stir thoroughly to coat bread with spices.

Transfer to oven-safe dish and bake in oven until top is slightly crisp (about 45 minutes at 350 degrees). Tip: bake this beside the turkey or the day before, to ease the preparation for Christmas Dinner!