

The right stuff(ing)

By Jennifer Harris

A ROUNDUP OF
THE BEST GF
PACKAGED
VERSIONS OF THE
HOLIDAY STAPLE



Gluten-free stuffing
from Hilary's Eat Well

Whether you call it stuffing or dressing, Thanksgiving just isn't the same without this savory side dish. Fortunately you don't have to give up this holiday favorite if you are gluten free. It's easy to convert most family recipes by simply using gluten-free bread or cornbread. All the other ingredients typically used are naturally gluten free.

But if you are looking for convenience, pick up one of the many easy gluten-free products now available on store shelves and online during the holiday season. Choose from stuffing mixes that are either instant or require baking, pre-made stuffing, ready-to-bake stuffing and cornbread-based mixes.

Aleia's makes both plain and savory stuffing mixes with non-GMO (non-genetically modified organisms) ingredients that are seasoned with a balanced blend of herbs and spices. The mixes are certified gluten free by the Gluten Free Certification Organization (GFCO).

➔aleias.com/shop-gluten-free-stuffing

Glutino Foods' stuffing mix is cornbread-based and requires some chopping, measuring and sautéing before being transferred to the oven for baking. It is GFCO certified.

➔glutino.com/products/breads/cornbread-stuffing

Gillian's Foods offers home-style stuffing mix that's made on the stovetop and is ready in just minutes. Combine the seasoned stuffing cubes with boiling water and let sit, covered, for five minutes until all water has evaporated. The mix is certified by the Celiac Sprue Association.

➔gilliansfoodsglutenfree.com/products/product_info.php?products_id=65

Hilary's Eat Well's ready-to-bake holiday stuffing is a blend of organic millet, greens and hemp seeds combined with celery, apple, parsley, sage, rosemary and thyme. The stuffing comes in a foil pan you simply pop into the oven for 20 minutes. The stuffing, sold at Whole Foods, is also free of dairy, soy, yeast, eggs, corn and nuts and is GFCO certified.

➔hilaryseatwell.com/products/holiday-stuffing

Ian's Natural Foods' savory home-style stuffing mix is made with non-GMO ingredients. The stuffing bread cubes are coated with a blend of parsley, sage, rosemary and thyme. You simply sauté onions and celery, add broth, and bake it in the oven.

➔iansnaturalfoods.com/products/non-gmo-stuffing-savory

Mrs. Crimble's sage and onion stuffing mix is made from a combination of rice and chickpea flours, onion pieces, salt, sage and parsley. Add water and oil and form into stuffing balls for baking. The stuffing is available online on the company's website.

➔mrskrimbles.com/products/home-bake-mixes

Natural Decadence's herb stuffing mix is made from white rice, tapioca and sorghum flour combined to form stuffing cubes seasoned with organic rosemary, sage, thyme, onion, black pepper, marjoram, celery seeds and cayenne. Add sautéed vegetables and broth, combine and

bake. The stuffing is non-GMO, vegan and is also free of egg, dairy, nuts, corn and soy. It is sold at Whole Foods and specialty retailers in California, Oregon, Nevada, Arizona, Washington and Hawaii, and on the company's website.

➔naturaldecadence.com/home/herb-gluten-free-stuffing

Olivia's Croutons' seasonally available gluten-free stuffing features rosemary and sage stuffing cubes made from whole-grain sorghum and millet. Combine sautéed onions and celery with broth and the cubes and then bake. The company makes its gluten-free products, including croutons, in a dedicated facility in Middlebury, Vermont. They are available at retail outlets in nearly 20 states, including Hannafords in the Northeast and on the company's website.

➔oliviascroutons.com/shop

The Fresh Market offers seasoned stuffing mix under its private-label line. Add sautéed vegetables and stock to stuffing cubes made from millet, sorghum, brown and white rice flours, combine and bake. It's available seasonally at locations nationwide.

➔thefreshmarket.com

Trader Joe's mix contains stuffing cubes made from rice and potato flour and a packet of seasonings with dehydrated celery, mushrooms, onions, sage, oregano, parsley, garlic and turmeric. Simmer the seasonings in broth and butter, fold in the breadcrumbs, and heat on the stovetop or bake in the oven. The stuffing mix comes in one of the largest boxes on the market, and it makes enough for a crowd. It's available at stores nationwide.

➔traderjoes.com

Three Bakers' seasoned, whole-grain stuffing mix can be prepared on the stove top or in the oven after combining the bread cubes with boiling water. The mix, which is GFCO certified, contains dehydrated onions and celery seeds, but you can add freshly sautéed vegetables to make it company worthy. It's available at Sprouts markets and online at the glutenfreemall.com.

➔threebakers.com/product/stuffing-mix

Whole Foods' Gluten Free Bakehouse offers both stuffing cubes for baking and 10-minute stuffing mix that can be prepared on the stove top. The stuffing is made in a dedicated facility and tested in-house.

➔wholefoodsmarket.com/gluten-free/ingredients-nutrition-GF

Jennifer Harris is a gluten-free consultant and blogs at gfgotoguide.com.