The right stuff(ing)

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

By Jennifer Harris



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 cornbreadbased 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 cornbreadbased 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

lan'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-gmostuffing-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.

mrscrimbles.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

What's in a name?

You've probably heard both stuffing and dressing used to describe the traditional holiday dish made with cubes of bread, savory seasonings and lots of add-ins, depending on the family recipe.

But what's the difference between the two? Stuffing is generally cooked inside the turkey, while dressing is cooked separately in a pan. Aside from that, they're pretty similar.

For those on the gluten-free diet, stuffing made with gluten-containing bread presents bigger problems because it contaminates the turkey into which it has been stuffed. It's not considered safe to eat turkey from a stuffed bird unless the stuffing is gluten free.

So if your family plans to use gluten-containing bread or other ingredients, dressing is a better alternative because it will be cooked separately from the bird. Bring a dish of gluten-free dressing, even if you call it stuffing, to add to the holiday table

Plain turkey is naturally gluten free—just make sure it's not basted with gluten-containing sauce.

Gluten is not the only source of concern when a turkey is stuffed. Food safety can also be an issue if the stuffed turkey is not cooked long enough. Stuffing needs to reach 165 degrees to prevent the development of bacteria. A turkey that is cooked long enough to properly cook the stuffing often results in dry meat.

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-glutenfree-stuffing

Olivia's Croutons' seasonally available glutenfree 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**

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