

Savory Dressing



1-1/3 cups (85 gm) 3/8-inch low protein bread cubes
1/3 cup (35 gm) finely chopped fresh mushrooms
1 tsp. Nucoa margarine
1 tbsp. (9gm) chopped onion or green onions
2 tbsp. (13 gm) diced or thinly sliced celery
1/8 to 1/4 tsp. sage or poultry seasoning
1 tbsp. melted Nucoa margarine
1/4 cup hot water
salt and pepper to taste

Cut off the crusts of 2 to 3 slices of low protein bread. Cut into cubes for a total of 1-1/3 cups. Dry in a single layer in a 300-degree oven for 30 to 40 minutes until very dry.

Meanwhile, prepare vegetables. Sauté mushrooms in 1 tsp. of margarine in a small skillet or saucepan for 2 minutes. Combine mushrooms, celery, and onions with dry bread cubes and seasoning in a small greased baking pan. Dribble melted margarine over all. Dribble hot water over to moisten (use slightly more or less depending on whether you like drier or moister dressing, realizing it will become somewhat moister in baking). Add salt and pepper to taste. Bake at 350 degrees for 40 to 45 minutes.

Yield: 1-1/3 cups
Per recipe: 73 mg phe
Per 1/3 cup serving: 18 mg phe

Recipe from *Low Protein Cookery for PKU* by Virginia E. Schuett



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>