

Sage and Onion Stuffing



Recipe makes: 6
Preparation time: 60 minutes
Cook time: 50–60 minutes

Ingredients

Bread

- 3/4 cup warm water
- 2 Tbsp vegetable oil, divided
- 1 Tbsp dried yeast
- 1 Tbsp psyllium husk
- 1 Tbsp sugar
- 2 1/3 cups low protein flour

Stuffing

- 2 cups onion, peeled and finely chopped
 - 1/2 cup butter (plus extra for greasing)
 - 1/4 cup fresh sage, finely chopped
 - 2/3 cup rice milk or almond milk*
- * Rice milk was used in the nutrition analysis

Directions

Bread

- 1 In a bowl add water, 1 Tbsp oil, yeast, psyllium husk, and sugar. Mix well and allow to stand for 5 minutes until mixture thickens.
- 2 Place low protein flour into a separate bowl. Make a small well in the middle.
- 3 Add psyllium husk mixture to the flour. Use your hands to combine, until a dough is formed.
- 4 Knead dough for 3–5 minutes in the bowl. Cover with plastic wrap and leave to proof for 30 minutes.
- 5 Preheat oven to 400° F.
- 6 Line a baking tray with parchment.
- 7 Divide the dough into four equal parts; and shape each into a round bread bun.
- 8 Place buns on the lined baking tray, brushing the tops with oil.
- 9 Bake in the preheated oven for 25–30 minutes, or until browned and crisp. The bases should sound hollow when tapped. Cool on a wire rack.

Stuffing

- 1 Reduce oven temperature to 390°F.
- 2 Pulse the low protein bread in a food processor until it becomes small crumbs.
- 3 Sauté onions in butter over medium-high heat until golden brown; add sage, rice or almond milk, and breadcrumbs.
- 4 Cook for another minute; and transfer mixture into a greased baking dish.
- 5 Bake in the preheated oven for 20–30 minutes.

Nutrition Info Per Serving (1/6 of recipe)

Calories: 400 | Protein: 1.5 g | Phenylalanine: 59 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

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