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Stuffing That is Low in Fat and Sensitive to Those with Food Allergies

by [Richele McFarlin](#)

Todd Adelman, Director of Nutritional Services for Block Institute, and co-author of the [James Beard](#) nominated book, *Special Foods for Special Kids: Practical Solutions & Great Recipes for Children with Food Allergies*, shares this recipe for stuffing for this [Thanksgiving](#). Originally this recipe was developed for children with food allergies. However, the recipe offers a great low fat alternative to the usual Thanksgiving fare that it is worth making with your kids.

Kids are always more likely to eat anything they have a hand in making so be sure to include them this Thanksgiving. Any child from the age of two and up can have a hand in doing something useful. Just be ready for a mess and start early so you have plenty of time and patience to spare. Thanksgiving is a wonderful time for all the family to work together for the big [meal](#).

The recipe below includes apples. I love apples in stuffing, however, my kids do not like it. I would guess most kids would love the sweetness but if you have kids like mine you can always sub out the apples or cranberries or another dried [fruit](#). For a special treat keep the apples and add in some cranberries and nuts! Yummy!

Stuffing

Ingredients:

16 slices of bread (toasted with crust removed)

½ cup celery, finely diced

¼ cup [onions](#), finely diced

1 Tbsp. margarine

2 medium apples, grated

2 tsp. parsley flakes

1 tsp dried thyme

½ tsp salt

½ tsp white pepper

½ cup chicken stock

Directions:

Preheat oven to 350 degrees

Cut [bread](#) into cubes and set aside in large bowl.

Saute celery and onion in margarine until soft.

Add celery mixture and remaining ingredients to bread cubes.

Toss until liquid is absorbed.

[Bake](#) uncovered for 30 minutes.

Serve. **Serving Suggestion:** Add your favorite combination of dried fruit, nuts, etc.

Use milk-free bread and milk-free [margarine](#).

Use gluten-free bread.

Nutritional Analysis: Serving Size: ½ cup

Calories: 105.0

Total Fat: 2.5

Cholesterol (mg): 1.5

Carbohydrate (g): 18.4

Protein (g): 2.7