

Meatless Loaf with Tomato Glaze

Hearty and satisfying vegan meatloaf. This deliciously smoky comfort food features the savory flavors of Christmas!

Loaf:

½ cup brown or green lentils
1 cup vegetable stock
⅓ cup water
1 bay leaf
¾ cup gluten-free steel cut oats
1 cup water
1 cup gluten-free rolled oats
3 Tablespoons liquid aminos
2 Tablespoons liquid smoke
2 Tablespoons nutritional yeast
2 Tablespoons ground flax or chia
2 Tablespoons tahini (oil removed)
2 teaspoons coconut nectar
¼ teaspoon dried thyme
½ teaspoon dried oregano
1 teaspoon dried basil

Glaze:

4 Tablespoons tomato puree
2 teaspoons liquid aminos

1. Preheat oven to 375°. Line the bottom of a loaf pan with a strip of parchment paper lengthwise, with just a bit hanging over the sides to help with removal later.
2. Combine the lentils, vegetable stock, ⅓ cup water, and bay leaf in a saucepan. Bring to a boil, then lower heat to medium-low, cover, and cook for 25 to 30 minutes, until just about tender. Once done, add the steel cut oats and 1 cup water, cover, and cook on medium-low heat for another 8 to 9 minutes.
3. Once the oats are cooked, remove the bay leaf and add all the remaining ingredients except topping. Stir very well.
4. Press mixture into prepared loaf pan and bake for 20 minutes.
5. While loaf bakes, stir glaze ingredients together in a small bowl.
6. Remove loaf from oven after 20 minutes and spoon glaze on top of loaf. Bake for another 10 minutes. Remove from oven and allow to cool at least 10 minutes before slicing and serving.

Yield: 5-6 servings.

Cornbread with Cranberry Sauce

This easy recipe for cornbread is a wonderful healthy treat. Lightly sweetened, perfectly tender and guilt-free, served with a super easy cranberry sauce!

Cornbread:

1 cup cornmeal
1 cup gluten-free flour
2 Tablespoons date sugar
½ teaspoon sea salt
1 cup non-dairy milk
¼ cup unsweetened applesauce
¼ cup coconut nectar

Sauce:

¾ cup unsweetened dried cranberries
1¼ cup water
1 cup date sugar
¼ teaspoon salt

1. Preheat oven to 400°.
2. Sift the dry ingredients together into a large bowl and mix thoroughly.
3. With a large spoon or rubber spatula, slowly stir in the wet ingredients and stir just long enough to combine. Mixture should be doughy and thick.
4. Pour batter into a parchment-lined pan and bake for 20 minutes until golden on top and an inserted toothpick comes out clean.
5. While cornbread is baking, combine all sauce ingredients in a medium saucepan. Bring to a boil on medium-high heat, then reduce heat to a simmer.
6. Simmer until desired consistency is reached (about 15-20 minutes). Stir frequently to prevent sticking.
7. Serve cornbread with cranberry sauce.

Yield: 6 servings.

Christmas Fruit Cake

This plant-based take on a traditional Christmas cake is also gluten-free, ensuring everyone can have a slice!

10 Medjool dates, pitted and chopped
1 cup water
1 orange, juice and zest
2 cups mixed dried fruit (unsweetened)
1½ cups gluten-free baking flour
1 Tablespoon carob powder (optional)
½ teaspoon ground ginger
Pinch of Celtic sea salt

1. Preheat oven to 350°. Line a loaf pan with parchment paper.
2. Gently simmer the dates and water in a small saucepan on low for a few minutes, until the dates are soft and have absorbed the water. Mash them and stir in the orange juice.
3. Mix the dried fruit, flour, carob powder, ginger, and salt in a bowl.
4. Stir in the date mixture and orange zest and mix to make a batter.
5. Pour batter into parchment-lined pan, pushing it down and smoothing the top.
6. Bake for about 50 minutes. Check with a toothpick from the center of the cake. It should come out almost clean. Bake longer if needed.
7. Cool for 10 minutes, then remove from the pan. Cool completely before slicing.

Yield: 12 servings.