

Karina Veggie Loaf

Dairy-free, Wheat-free, Sugar-free

From www.glutenfreegoddess.com

I (Erin) tried this a few weeks back and it was delicious!!! My guess is that with the coming of Whole Foods to town, vegan dining is a lot more acceptable to the mainstream (or maybe I'm just really out of touch!) I was thinking the sauce might be too sweet, so I spread it down the middle of the pan instead of covering it entirely as suggested here. That was fine, as it gave me plenty of leftover sauce to offer as a condiment to my guests, but it would have been fine to cover the whole thing, since it tasted great together. One final suggestion is to be sure not to put it in the pan too deeply-I had doubled the recipe and used a smaller deeper pan and the center was not done to my satisfaction. Finally, this is my sister's secret to getting greens into her three-year old!!

- 1-2 tablespoons olive oil
- 5 portabella mushrooms
- 5 large leaves Swiss chard, spinach or other greens
- 1 roasted red pepper, drained
- 1 carrot, cut up
- 1 cup cooked brown rice, packed
- 1/2 cup almonds
- 1/2 cup pecans or walnuts
- 2 tsp Italian Herbs or dried basil/thyme/sage
- 1 Tbs balsamic vinegar
- 1-2 Tbs GF vegan Worcestershire sauce or molasses
- 1/2 tsp cumin
- 1/2 tsp curry powder
- 1 large organic free-range egg, lightly beaten (or vegan egg substitute)

Maple Sauce

- 1/3 cup real maple syrup
- 1/2 cup Muir Glen or other gluten-free ketchup
- 2 tsp gluten-free honey mustard
- 1/2 tsp McCormick or other GF mild curry powder
- 1/4 tsp nutmeg

Heat the olive oil in a non-stick skillet and cook the portobellos, and chard till soft. Remove from heat; cool a bit; and process, along with the roasted pepper, by pulsing the food processor on and off until the vegetables are an even dice. Scrape into a large mixing bowl.

Process the raw carrot, cooked brown rice, almonds and pecans until the mixture forms a coarse meal; toss into the mixing bowl. Add the herbs, balsamic vinegar, Worcestershire and spices. Add the beaten egg and stir the mixture until well blended. Press the mixture evenly into an oiled loaf pan.

Preheat the oven to 350 degrees F.

Make the sauce by combining all the sauce ingredients with a whisk.

Optional: add a spoonful of brown sugar to the sauce.

Pour the maple sauce over the top and bake for about 45 minutes, until the loaf is firm and done. Remove the loaf from the oven and allow it to rest. This eases cutting and serving; though the slices are a bit fragile while it is warm. I use a thin vinyl spatula to remove the slices from the pan.

Serve with garlic mashed potatoes or Whipped Sweet Potatoes with Coconut Milk, and some lovely roasted green beans.