

MEATLOAF (NON) WITH GLAZE

For the loaf

- 1 tbsp **olive oil**
- 1 large **onion** diced
- 2 **cloves garlic** minced
- 2 small **carrots** diced
- 1 tsp **cumin**
- 1 tsp **paprika**
- 2 tsp **garlic powder**
- 5 oz **mushrooms** diced (your choice)
- 1 cup **celery** chopped finely
- ¼ cup **tomato paste**
- 2 cans **chickpeas** around 3 cups
- ½ tsp **baking soda**
- 3 tbsp **ground flaxseed**
- 3 tbsp **nutritional yeast**
- ½ cup **oats**
- 2 tbsp **soy sauce**
- 2 tbsp **apple cider vinegar**

For the glaze

- 2 tbsp **apple cider vinegar**
- 2 tbsp **soy sauce**
- 1 tbsp **maple syrup**
- ¼ cup **ketchup**
- 1 tbsp **cornstarch**

Instructions

1. Heat the olive oil in a large skillet over a medium-high heat. Add the onion, garlic, carrots, cumin, paprika and garlic powder. Cook for 5 minutes, until softened fully.
2. Add the mushrooms, celery and tomato paste. Cook for 5 minutes more, stirring frequently, until the mushrooms shrink down fully.



3. Drain and rinse canned chickpeas. Mash till mostly blended. Lightly mash around $\frac{3}{4}$ of the chickpeas using a fork, but make sure to keep some of them whole.
4. Preheat the oven to 350 degrees and generously grease a standard loaf tin with vegan butter or olive oil.
5. Add the cooked vegetables, chickpeas, nutritional yeast, oats, soy sauce and apple cider vinegar to a large mixing bowl. Mix together by hand, and add salt and pepper to taste. Add a bit of water here if it is too thick
6. Transfer the mixture to the loaf tin and press it down firmly. Bake for 30 minutes. When almost done, start preparing the glaze.
7. Make the glaze by whisking together apple cider vinegar, soy sauce, maple syrup, ketchup and cornstarch.
8. Carefully remove the meatloaf from the oven and flip it onto a baking tray. Brush generously with the glaze on all sides, and return to the oven for 5-7 more minutes, until the glaze firms up.
9. Allow the loaf to rest for 10-15 minutes before slicing and serving.

FRESH GREEN BEANS WITH SESAME SEEDS AND GARLIC

2 lb **fresh green beans** washed and trimmed
2 TBLSP **Dark sesame oil**
½ tsp **crushed red pepper flakes** (Optional but oh so good)
2 TBLSP toasted **sesame seeds** (handful or so)
1 tsp. **Sea salt** or to taste

Directions

1. Steam green beans covered in 1/2-inch boiling water for 2 minutes. Transfer beans to a colander and run under water. Drain well.
2. Heat a wok shaped skillet or large nonstick frying pan over high heat. Add the sesame oil and crushed pepper flakes. The pan will be hot.! Add beans and stir-fry for 2 minutes. Add sesame seeds and sea salt and toss to coat beans evenly.



LET FOOD BE YOUR MEDICINE

Fresh green beans are very low in calories and are chock full of fiber that is necessary for healthy digestion. They are high in vitamin C, A and K. And full of potassium, folate and beta-carotene. These nutrients are vital to good health, circulation and healthy nerve support.

Sesame Seeds are packed with heart healthy good fats. Protein packed and the nutrient phytosterols are beneficial to helping balance cholesterol levels. Helps lower oxidative stress that can be linked to heart disease, cancer and diabetes. These little seeds help regulate blood sugar and also beneficial to osteo-arthritis sufferers.

GARLIC RUTABAGA MASHED POTATOES

- 3 large **rutabagas** peeled and cut into 2-inch pieces
- 5 or 6 medium peeled **potatoes** and cut into 2-inch pieces
- 2 tablespoons **coconut oil** or plant-based butter
- 2/3 cup **Nondairy milk. Plain, NO** sweetener or vanilla
- 1/4 teaspoon freshly ground **black pepper**
- 1/4 teaspoon ground **nutmeg**, or to taste
- 1/2 teaspoon **garlic powder**
- 2 teaspoons chopped **fresh parsley**, optional



Cook rutabaga and potatoes in salted water in a saucepan.

When tender, remove from heat. About 25 minutes.

Drain; puree or mash well. Add all other ingredients and Beat well. Taste and add more salt if necessary. Garnish with chopped parsley, if desired.

LET FOOD BE OUR MEDICINE

Rutabagas are similar to turnips, but sweeter. It is extremely high in healthy fiber and beneficial to the gut microbiome. It draws water into the intestines, helping with blood sugar and beneficial to normal bowel movement, and helping reduce risk of colon cancer. They are high in potassium which benefits healthy blood pressure. They are also high in calcium and magnesium, making them a great food for prevention of osteoporosis.