Thanksgiving Loaf with Puff Pastry

(Makes 10-12 servings)

Ingredients:

1 ½ tablespoons garlic, minced

4 tablespoons water or vegetable broth

1 medium onion, diced

2 Portobello mushrooms, diced

2 stalks celery, diced

2 carrots, diced

Sea Salt and pepper to taste

1/2 cup cooked brown rice

1 cup cooked lentils

1 cup stuffing mix (no oil or wrong broths). Another option would be cornbread. Add more if needed.

1 ½ tablespoons poultry seasoning, add more to taste

2 tablespoons parsley, minced

1 tablespoon arrowroot powder

Sea salt and black pepper to taste

Topping:

1 ½ cups ketchup

1 cup fresh cranberries

½ jalapeno, whole

1 layer puff pastry

Directions:

1. Preheat oven to 350 degrees.

2. Topping: Combine the ketchup, cranberry sauce and jalapeno in a small saucepan over medium heat. Bring to a simmer and let cook, stirring occasionally, 2 to 3 minutes. Remove from the heat, then discard the jalapeno and set aside.

3. In a large pot place the lentils and brown rice on the stove to boil. Follow the package instructions and then when soft, drain out all liquid and set aside to cool.

4. Heat a large skillet over medium heat; add 2 tablespoons of water or vegetable broth and the onions, mushroom, celery and carrots until soft. When the ingredients are soft, add in the poultry seasoning and sea salt/black pepper to taste.
5. In a food processor, pulse the rice and lentils until well mixed, then transfer to a large bowl. Also in the food processor, pulse the cooked vegetables and place in the large bowl with the rice/lentil mixture.
6. Add the parsley, arrowroot, breadcrumbs to the large bowl with the grains and veggie mix.
7. After mixed, press the mixture together to form into one or two loaves. After molding spread the topping on top of the meatloaf, and then place the loaf on the puff pastry and cover. Try and make pretty😊
8. Bake for 35 to 40 minutes and make sure that your puff pasty is golden brown.
9. Remove from oven and cool for 10 minutes before serving.

Fruit and Nut Stuffing

(Makes 6 to 8 servings)

Ingredients:

6 cups whole wheat bread cubes

¾ cup slivered almonds, coarsely chopped

5 tablespoons vegetable broth

1 large red onion, diced (2 cups)

2 celery stocks, diced (1 cup)

1 large fresh apple, peeled and diced (1.5 cups)

3 teaspoons sage, dried &3 tablespoons fresh parsley, chopped

2 teaspoons poultry seasoning & ½ teaspoon ground nutmeg

2 tablespoons maple syrup

2 tablespoons balsamic vinegar

½ cup dried cherries or cranberries

3 cups vegetable Broth (1.5 cups of water and 1.5 cups of vegetable broth)

Sea salt and black pepper to taste

Directions:

1. Preheat oven to 250 degrees. Spread the breadcrumbs on a baking sheet and bake for 30 to 45 minutes until dry and crisp. Set aside to cool. Or if easier, buy whole wheat breadcrumbs already prepared.
2. Increase the oven to 350 degrees. Spread almonds on a baking sheet and toast for 8 to 10 minutes until pale brown and fragrant. Set aside to cool.
3. Heat the 5 tablespoons of vegetable broth in a skill over medium heat and then add onions. Cook until soft. Add celery, apples, sage, parsley, black pepper, salt and nutmeg and sauté for another 5 minutes. Then add maple syrup, vinegar, and remove from heat.
4. In a large bowl combine breadcrumbs, apple mixture, almonds and cranberries/cherries and mix well. Transfer to a large baking dish and add vegetable broth, mixing well. Cover with parchment paper and foil and bake around 30 minutes. For a crisp topping, remove parchment/foil and bake 10 minutes more.

Melting Sweet Potatoes

(Makes 4 - 6 servings)

Ingredients:

2 pounds sweet potatoes

Vegetable broth for roasting

Maple Pecan Sauce

½ cup maple syrup

½ cup chopped pecans

Directions:

1. Preheat the oven to 425. Line a baking sheet with parchment paper.
2. Peel and slice the sweet potatoes into 1" thick slices, and scatter them on the baking sheet, not touching.
3. Drizzle vegetable broth on top of the sweet potatoes. Sprinkle on the salt (if needed). Toss to coat, and then redistribute on the pan in a single layer, not touching. Roast for 20 minutes.
5. Flip with tongs, and roast for another 20 minutes.
6. The potatoes are done when they're golden brown and crisp, and the insides are light and fluffy.
7. To make the maple pecan sauce: bring the maple syrup to a boil in a small saucepan and then add the pecans. Wait for the sauce to come back to a boil, simmer for 1 minute, and then remove from heat. Pour the sauce over the sweet potatoes and serve.