

Lentil Loaf

By Susan Jenson

1 ½ cups cooked brown/green lentils

½ cup chopped onions

3 cloves garlic, minced

2 small stalks celery, chopped

1 carrot, chopped

1 cup chopped mushrooms

1 cup rolled oats

1 tablespoon white miso

2 teaspoons poultry seasoning

½ cup chopped walnuts

Glaze: 3-4 tablespoons ketchup

Alternate glaze: 2 tablespoons tomato paste, 1 tablespoon maple syrup, 1 tablespoon balsamic vinegar, pinch of salt

Preheat oven to 350 degrees F.

Saute onions, garlic, celery, carrots, mushrooms in a small amount of water for about 8 minutes.

In a food processor put 1 cup cooked lentils, 1 ½ cups of sauteed vegetables, oats, miso and poultry seasoning. Process until smooth.

Add remaining lentils, vegetables and walnuts. Pulse 3-4 times.

Place the mixture in a loaf pan lined with parchment paper. Pack it down and smooth the top.

Bake for 30 minutes; remove from the oven and spread ketchup/glaze to cover the top of the loaf.

Place back in oven and back for 30 more minutes.

Let stand in pan for 20 minutes. Remove by lifting parchment paper. Place on dish and garnish as desired.

Baked Corn Casserole

Plantbasedcooking.com

1 14-16 oz. block firm organic tofu drained
1 1/4 cup cornmeal
1 1/2 cup water
3/4 cup non-dairy unsweetened milk like soy
1 10 oz pkg frozen spinach thawed and water squeezed out
1 7 oz can diced mild chilies
3 cloves garlic minced
2 ears fresh corn taken off of cob, or 10 oz pkg frozen, thawed
1 tsp baking powder
1/2 tsp cumin
1 tsp sea salt and pepper to taste
1/2 tsp cayenne pepper, optional
Salsa or Enchilada sauce

Preheat oven to 400 degrees. Prepare a 9×12 or 13” baking dish by spraying with a little oil or you can use parchment paper for oil-free.

Prepare cornmeal by heating 1 1/2 cup water in a medium saucepan with 1/2 cup of the milk alternative until almost boiling. Slowly whisk in the corn meal and stir constantly until mixture thickens. Transfer to a large bowl.

To a food processor, add the garlic, tofu, 1 cup corn and remaining 1/4 cup milk alternative. Process until smooth. Stir into the cooked cornmeal and process until well blended.

Add the spinach, remaining whole corn, diced chilies, baking powder, spices, salt, and pepper and pulse food processor a few times.

Pour into your baking dish and bake for 60-70 minutes until crispy and firm at the edges. The middle will be a bit wiggly still. Let stand for 20-30 minutes before serving.

Serve topped with salsa or enchilada sauce.

Pumpkin Spice Delites

Susan Jenson

1 cup walnuts
1 cup pitted dates, softened in hot water
 $\frac{3}{4}$ cup pumpkin puree (about $\frac{1}{2}$ of a can)
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{3}{4}$ teaspoon pumpkin pie spice
1 $\frac{1}{2}$ cups oats
flaked coconut

In a food processor coarsely grind the oats. Set aside.

Put walnuts in food processor and process until finely ground.

Add softened pitted dates and process until product holds together.

Add the rest of the ingredients and the oats (except for the coconut).

Process until well mixed. Product will be soft and sticky.

Use a small scoop and form into small balls. Roll in coconut flakes.

Makes about 30 small balls.