



Kathy Reynaert <kkrnfl@gmail.com>

NUT LOAF

1 message

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To: Gina Israeloff <gina.lacagnina@icloud.com>, Kathy Reynaert <kathy.reynaert@chiphealth.com>

HERE YOU GO LOVELY LADIES!!!

:)

² Walnut Loaf (Optimal Diet book pg.133)

Preparation time: 20 min

Complexity Intermediate Serves 10

1 cup cashew pieces, ground

2 cups ground gluten (p.128) or use Yves ground burger or Cedar Lake

Vegeburger

1 cup onions, finely chopped

1/3 cup celery, finely chopped

1 cup bread crumbs whole-wheat, dry

3/4 cup soy milk

2 tbsp cornstarch

1 tbsp Bragg's All purpose seasoning

1-2 tbsp Chickenlike seasoning of your choice to taste

1 tbsp parsley flakes

1 tsp poultry seasoning or 1/2 tsp sage

1. Combine all ingredients and mix well

2. Oil-spray 1 large or 2 small loaf pans. Pour mixture into pan(s) and spread

evenly

3. Bake at 350°F/180°C for 45-60 minutes or until brown on top

4. Remove from oven and let sit 10 min before serving. Serve with gravy (p58)

ÿ Loaf is more firm if prepared the day before serving. Reheat loaf and tip out onto a platter. Slice into 1/2 inch slices. Garnish with fresh parsley and cherry tomatoes.

ÿ This loaf can be used on such occasions as Christmas or Thanksgiving in place of a turkey

ÿ Freezes well. Ideal sandwich Filler, especially with Pita bread

² Gravy (Optimal Diet Cookbook pg.58)

Preparation time: 20 min

Complexity: Easy Makes 4 cups

4 cups water

2 tbsp olive oil (optional)

1/2 cup whole wheat flour

1-3 tbsp chickenlike or beeflike seasoning of your choice to taste

2 tbsp Bragg's All purpose seasoning:

1. Place all ingredients together in a saucepan. Whisk smooth to remove all

lumps

2. Bring to a boil, then simmer until thickened. Whisk occasionally to prevent

lumping or burning

3. Taste and adjust seasoning

ÿ Gravy, once made, freezes very well

ÿ Whole wheat flour can be substituted with unbleached white flour.

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