

No-Meat Loaf

MAKES 1 LOAF (12 SERVINGS)

Serve this great-tasting loaf with Garlic Mashed Potatoes (page 177) and Mushroom Gravy (page 156) for a hearty meal that's sure to please. A food processor makes it easy to make fresh bread crumbs (or you can purchase packaged bread crumbs) and to finely chop the walnuts and vegetables. The tomato sauce in this recipe adds vitamin C and lycopene.

1 package (14 ounces)
vegan burger crumbles,
or 2 cups cooked Bulgur
(page 162)

1½ cups bread crumbs,
preferably whole wheat
(2 to 3 slices of bread)

1¼ cups rolled oats (old-
fashioned or quick-cooking)

1 cup tomato sauce or
crushed tomatoes

1 small onion, minced

2 celery stalks, minced

1 carrot, minced

½ green bell pepper,
minced

¼ cup finely chopped
walnuts

3 tablespoons reduced-
sodium soy sauce

2 teaspoons stone-ground
or Dijon mustard

½ teaspoon dried thyme

½ teaspoon dried sage

¼ teaspoon ground black
pepper

½ cup ketchup or barbecue
sauce (optional)

1. Preheat the oven to 350 degrees F. Lightly mist a 5 x 9-inch loaf pan or similar baking dish with vegetable oil spray.
2. Combine the vegan burger crumbles, bread crumbs, oats, tomato sauce, onion, celery, carrot, bell pepper, walnuts, soy sauce, mustard, thyme, sage, and pepper in a large bowl. Mix with a large spoon or your hands until the mixture is evenly combined.
3. Press into the prepared loaf pan. Spread the optional ketchup over the top and bake for 60 minutes. Let stand for 10 minutes before slicing.
4. To store leftovers, remove the loaf from the pan and let cool. Stored in a covered container in the refrigerator, leftover No-Meat Loaf will keep for up to 3 days.

PER SERVING: 104 calories; 2.6 g fat; 0.3 g saturated fat; 22% calories from fat; 0 mg cholesterol; 8.2 g protein; 13.9 g carbohydrate; 2.7 g sugar; 2.5 g fiber; 418 mg sodium; 37 mg calcium; 1.7 mg iron; 5.9 mg vitamin C; 463 mcg beta-carotene; 0.6 mg vitamin E; 3094 mcg lycopene



Recipes Handout

Class #4: Cancer-Fighting Compounds and Healthy Weight Control

Zippy Yams and Collards

Makes 4 servings

Ingredients:

- 1 small onion, thinly sliced
- 2 large garlic cloves, minced
- 1/4 cup water or vegetable broth
- 2 yams or sweet potatoes, cut into bite-size chunks
- 1 bunch collard greens (~1/2 pound), rinsed and with stems removed
- 1 tablespoon vegetarian Worcestershire sauce
- 1/2 teaspoon Thai chili paste (make sure there is no fish in the paste)
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper
- 2 tablespoons fresh lemon juice

Directions:

Chop onion and garlic cloves. Place chopped onion and garlic into the skillet/wok over medium heat and saute until fragrant. Add yams and water. Place cover on and cook yams for 5 minutes. Stir in collards and cover. Keep temperature on medium for 3-4 minutes, then reduce temperature to low. Add vegetarian Worcestershire sauce and chili paste. Simmer until the collards and yams are soft when pierced with a fork. Add salt and pepper to taste. Squeeze lemon over the mixture and serve.

Spinach Salad with Citrus Fruit

Makes 6 servings

Ingredients:

- 1 10-ounce bag fresh spinach
- 1 cup berries or grapes, or 10 strawberries, sliced
- 1 can (10 ounces each) mandarin or clementine oranges or grapefruit sections, drained and rinsed, or 1 1/3 cups of fresh fruit
- 1 tablespoon sunflower seeds
- 1 tablespoon chopped unsalted Brazil nuts
- 1/4 cup fat-free raspberry vinaigrette

Directions:

Toss ingredients together and serve!

Buckwheat Pasta with Seitan

Makes 6 servings

Ingredients:

- 12 ounces dried soba noodles
- 1 medium onion, sliced
- 1 3/4 cups vegetable broth or water
- 3 cups fresh mushrooms, sliced
- 1 red bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 8 ounces seitan, sliced
- 2 tablespoons flour
- 2 teaspoons soy sauce
- 1 teaspoon garlic, chopped, or 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 teaspoon salt
- 1/4 cup chopped fresh parsley

Directions:

Bring water to a boil in a large pot. Add soba noodles and salt and boil for about 8 minutes until al dente. Drain noodles and rinse with cold water. Saute onion in skillet until transparent, and then add mushrooms and bell peppers. Only add broth or water if needed. Continue cooking until vegetables are cooked, and then stir in seitan. Place broth or water and flour in a tightly covered plastic container and shake until smooth. Add to the skillet along with soy sauce, garlic, and black pepper. Cook uncovered, until thickened. Pour seitan mixture over noodles, top with parsley, and serve.

Cooking To Combat COVID-19 a Food for Life Program

Description

Attention: The targeted group, Black, and Latinx individuals have been hit especially hard by COVID-19.

Provide a 4-week online Vegan Cooking Series at NO CHARGE.

90-minute classes will be part of the PCRM Cooking to Combat COVID 19 campaign which seeks to empower people with underlying conditions from hypertension, diabetes and obesity.

Topics:

Class 1. Immune Boosting Food

Class 2. Compound and Healthy Weight Control

Class 3. Food and Mood

Class 4. Breaking the Food Seduction

The 4-week series will provide the following support:

>Daily/Weekly meal plan and grocery list

>Direct meat substitute in foods

>Live cooking demonstrations, videos and discussion

Time

Oct 8, 2020 06:30 PM Eastern Time (US and Canada)

Every week on Thu, until Oct 29, 2020, 4 occurrence(s) [Show all occurrences](#)

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