

Grain and Nut Loaf

Category: Main, Side

Serves: 6

Ingredients:

1 ½ cups white rice, cooked
1 ½ cups quinoa, cooked
1 cup carrots, shredded
1 cup spinach, chopped
2 eggs, whisked
1 egg white, whisked
1.5 tbsp. tamari, soy sauce or coconut aminos
½ tsp. cumin
¼-½ tsp. turmeric
¼ tsp. real salt
½ tsp. ground pepper

Optional:

½ cup mushrooms, sliced
1 cup vegan cheese
1 lbs. ground bison or ground turkey (antibiotic free/free range)

Method of Preparation:

1. Preheat oven to 400F degrees. Spray a loaf pan with coconut oil spray or ghee.
2. In a large bowl mix together rice, quinoa, spinach and carrots.
3. Add optional mushrooms and cheese (if adding).
4. Pour whisked egg and egg whites into grain mixture.
5. Add tamari, remaining seasonings and lightly stir.
6. Use a rubber spatula to place mixture into greased loaf pan.
7. Sprinkle optional cheese on top of loaf.
8. Place in oven for approximately 35 minutes.

***Substitute white rice for brown rice.

***Sprinkle vegan cheese on top.

***Can be served as a side, vegetarian meal or add meat option for increased protein.

Macros:

141 calories | 3g fat | 22g carbohydrates | 7g protein