

Turkey Loaf

Ingredients:

1-1/2 pounds ground turkey
2 tsp. dried sage, or 6 – 7 fresh leaves, finely chopped
1 Tbsp. dried oregano
1 large egg, free-range
1-1/2 tsp. sea salt
fresh ground black pepper
6 oz. organic tomato sauce, canned (for topping)
(You can skip this topping if you are nightshade sensitive.)
Pre-heat the oven to 375 F.

Place the ground meat in a large bowl and thoroughly mix in all the ingredients (except the tomato sauce) with a spoon or your hands (it's quite OK to dig in with your hands and have fun mixing and squishing the mixture through your fingers, but please wash your hands before and after.)
Pack the turkey mixture into a loaf pan and top with the tomato sauce. Place in the oven on a sheet pan and bake for 60 minutes, or when the meat thermometer registers 165 F.
Allow to cool slightly when done, and cut into 1" slices to serve.

(Serves 4 – 6)

(Note: There'll be some yummy pan juice from the loaf, so spoon it over the sliced turkey loaf for extra moisture and flavor! You could also thicken the juice with kudzu for a more gravy-like experience.) Don't know what kudzu is? Please read my next post for all the intriguing details plus a killer recipe for a deep dark luscious chocolate pudding!

While the Turkey Loaf is baking, it's time to mash!

Cauliflower Mash

Ingredients:

1 medium head of cauliflower, organic is best
3 – 4 large cloves of garlic, peeled (more if you want to ward off vampires)
1 cup filtered water, or stock
1/4 tsp. sea salt
Fresh ground pepper to taste
2 Tbsp. nutritional yeast, optional
1/4 extra virgin olive oil, or organic butter

Wash and trim the head of cauliflower and cut into rough pieces. Heat a pan and pour in the cup of water or stock, toss in the cut cauliflower and cloves of garlic. Bring to a simmer and cover the pan. Allow to cook for about 10 minutes until the cauliflower is soft. Add in salt & pepper.

Transfer mixture, including the liquid, into a blender. (You may want to do this in two batches.) Add in the nutritional yeast, olive oil, and a little more salt. Puree until it resembles the consistency of mashed potatoes. You may need to add in a little more water/stock to facilitate the blending, but be careful NOT to add in too much liquid. (You could also be super daring and try adding in some coconut or almond milk for extra richness and flavor.)

Adjust seasoning as needed. Please don't eat all the cauliflower mash before the turkey loaf is done!

(Serves 4)

Happy loaf-ing and mashing!

Original recipes by Karen Wang Diggs, Certified Nutrition Consultant + Therapeutic Chef

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