

Veggie Loaf with Kale

From Moosewood Restaurant Cooks at Home

INGREDIENTS

½ cup cooked brown rice
½ cup cooked lentils
2 cups low fat cheddar cheese
1 cup wheat germ or oatmeal
1 cup sunflower seeds
1 onion, chopped fine
½ cup green pepper, chopped fine
2 cups kale, chopped fine
½ cup shredded carrot
4 eggs, beaten
2 Tbsp. soy sauce
1 Tbsp. dry mustard
½ tsp. thyme
½ tsp. marjoram
½ tsp. sage
Catsup

DIRECTIONS

Combine all ingredients and form into log. Line baking pan with parchment paper, place veggie loaf on parchment lined pan. Bake in 350° F. oven for 40 minutes. Top veggie loaf with catsup then return to oven and bake for an additional 15 minutes or until lightly browned. Serves 10.