

Joy of Living Cooking School

October 2024 – Holiday Meal

Mushroom Holiday Loaf (6 servings)

- 1 tablespoon Flax Meal
- 2 tablespoons Liquid Aminos
- 3 tablespoons Water
- 2 cups Mushrooms, finely chopped
- 1 Small Onion, finely chopped
- 2 Garlic Cloves, minced
- 1 can Great Northern Beans, drained (about 2 cups)
- 2 tablespoons Tomato Paste
- 1 tablespoon Nutritional Yeast
- 1 teaspoon Dried Thyme
- 1 teaspoon Dried Rosemary
- 1 teaspoon Dried Sage
- 1/2 teaspoon Smoked Paprika
- 1/4 cup Vegetable Broth (low-sodium)
- 1 tablespoon Lemon Juice
- 1 cup Rolled Oats



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	389
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.7g	13%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 67.3g	24%
Dietary Fiber 29.7g	106%
Total Sugars 6g	
Protein 20g	
Vitamin D 90mcg	450%
Calcium 729mg	56%
Iron 30mg	167%
Potassium 1549mg	33%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat oven to 350° F. Line a loaf pan with parchment paper. In a small bowl combine the flax, liquid aminos, and water. Stir to combine and set aside.

Preheat a skillet over medium-high heat. Dry fry the mushrooms until they begin to release water, about 3-4 minutes. Add the onion and garlic and continue to cook another 3-4 minutes until the vegetables are softened.

Mash the beans in a large bowl, leaving some texture. Add the flax mixture, cooked mushrooms, tomato paste, nutritional yeast, thyme, rosemary, sage, and paprika. Mix to combine. Stir in the broth and lemon juice. Combine the oats and allow to rest for 10 minutes. Press the mixture into the prepared pan and smooth the top.

Bake for 35-40 minutes until firm and slightly browned. Remove from the oven and rest in the pan for 10 minutes before serving.

Serve hot.

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Cranberry Salad (6 servings)

- 1 cup Fresh Cranberries
- 2 Medjool Dates, chopped
- 1/4 cup Water
- 2 cups Quinoa, cooked
- Zest of 1 Orange
- Juice from 1/2 an Orange
- 1-1/2 Orange, segmented
- 1/2 cup Pecan halves
- 1/4 small Red Onion, sliced
- 1 cup Spinach leaves



Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	217
	% Daily Value*
Total Fat 8.1g	10%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 30.6g	11%
Dietary Fiber 5g	18%
Total Sugars 5.7g	
Protein 6.5g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 2mg	13%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Add the cranberries, dates, and water to a small saucepan. Cook over medium heat until the berries burst and soften, about 5-7 minutes. Set aside to cool slightly.

Add the quinoa, orange zest, orange juice, and cranberries to a large bowl. Stir to combine.

Add the orange segments, pecan halves, onion, and spinach. Toss lightly until thoroughly coated.

Serve at room temperature or chilled.