

# NATURE'S FOOD PATCH Market & Café

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## FABULOUS FALL FEAST (GLUTEN FREE)

### SAVORY RED LENTIL LOAF

1 Cup	Red Lentils, sorted and rinsed
2 Cups	Stock
1 - 1 inch	Piece of Wakame, soaked/chopped
2 tsp.	Olive Oil
3	Shallots, minced
1	Onion, chopped fine
3	Garlic Cloves, minced
1	Carrot, diced
3	Celery Ribs, diced
1 tsp.	Thyme
1 tsp.	Basil
1/2 tsp.	Oregano
1 tsp.	Unrefined Salt
1 Cup	Rollled Oats
1 tsp.	Ume Plum Vinegar
2 tsp.	Balsamic Vinegar

Combine lentils, stock and Wakame in a pan. Bring to a boil over medium heat. Boil uncovered 10 minutes. Reduce heat. Cover and cook on low heat until liquid has been absorbed, 20-25 minutes. Meanwhile, sauté vegetables 4 minutes. Add herbs and salt. Simmer 2 minutes. Preheat oven to 350 degrees. Spray oil baking dish. Combine lentils with vegetables and oats. Add vinegars and season to taste. Press into baking dish and bake 25 minutes. Remove from oven and cool 5 minutes to set before slicing. Top with sauce.

### GINGERED WALNUT SAUCE

1 Tbsp.	Sesame Oil
4	Scallions, fine sliced
1 tsp.	Ginger Juice and Pulp
1/4 Cup	Parsley, minced
1 Cup	Walnut Pieces, toasted
1 Cup	Stock
2 Tbsp.	Tamari
1 tsp.	Arrowroot, dissolved in
3 Tbsp.	Water

Sauté scallions, ginger and parsley 2 minutes on low. Add walnuts and cook 1 minute. Add stock and heat. Add Tamari. Stir in arrowroot until sauce thickens.

### FLORIDA WILD RICE WITH APPLES

2 Cups	Wild Rice, rinse well
5 Cups	Stock
2 Pinches	Unrefined Salt
1	Zest of Orange, grated
1/2 Cup	Orange Juice
2 Tbsp.	Olive Oil
1/2 Cup	Currants, soaked and drained
2 tsp.	Maple Syrup
1	Lemon, Juice and Zest
2	Tart Granny Smith Apples, diced
2	Celery Ribs, diced
	Braggs to Taste

Place stock and rice in a saucepan with a pinch of salt. Bring to a boil. Lower heat. Cover and simmer 60 minutes, until rice has opened. Meanwhile, warm orange and lemon juices, oil, maple syrup, currants, orange zest, lemon zest and a pinch of salt over low heat. Add apples and celery and cook for 1 minute.

Toss with cooked wild rice and serve warm.

**Free Vegetarian (Vegan)  
Cooking Class  
By Chef Debby DeGraaff**