

Pecan Loaf

Reminiscence to turkey stuffing, this hearty and delicious loaf should be served warm.

Serving suggestions: tomato-based sauce, a side of green vegetables and your choice of protein.

Preheat oven to 350 F.

Combine and set aside:

2 cups cooked rice (preferably brown)

4 cups bread crumbs (from gluten-free, yeast-free or 'regular' bread)

1 cup finely chopped pecans

Combine:

1 1/2 cups water

1 medium onion, chopped

1/2 cup red pepper, minced

1/2 cup celery, minced

2/3 cup whole wheat flour (or gluten-free flour mix)

1 tsp basil

1 1/2 tsp salt

Combine both mixtures in an 8 x 8 pan.

Bake at 350 F for 1 hour.

*From the recipe library of Andrea Bartels, NNCP RNT Registered
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