

Butternut Squash “Meatloaf”

This recipe takes quite a bit of time to make (including precooking the squash), but it is well worth it! Make sure to dice the vegetables and apple small as this definitely makes a difference! You can find healthy alternatives to the ketchup, Sriracha and breadcrumbs at a local health food store. This would make a great holiday dish, loved by the whole family.

½ cup cooked black beans
2 T. coconut oil
¼ cup plus 1 tsp. diced onion
3-4 garlic cloves, minced
1 carrot, diced small
1 celery rib, diced small
1/2 green apple, diced small
2 tsp. Italian seasoning
2 cups pre-cooked and pureed butternut squash
½ cup cooked quinoa
2-3 T. chopped walnuts (optional)
2 T. ground flax seed
¼ cup panko breadcrumbs
2 tsp. sea salt



CRANBERRY GLAZE

½ cup fresh cranberries
¼ cup organic ketchup
2 T. coconut sugar
1 tsp. Sriracha sauce (I use Wildbrine Probiotic Spicy Kimchi Sriracha)
1-2 garlic cloves, minced

Preheat oven to 350 F. Place cranberries and black beans on two separate baking sheets. Roast for 15 minutes.

Warm the coconut oil in a frying pan over medium-low heat. Add onions and cook until translucent, about 5-10 minutes. Add garlic and cook for a couple more minutes, making sure not to brown the garlic. Next add the carrot and celery and cook for 5 minutes. Then add the apple and Italian seasoning and cook for 3-5 minutes.

In a large mixing bowl, combine pureed squash, cooked veggies, roasted black beans, quinoa, walnuts, flaxseed, panko breadcrumbs and sea salt. Mix until well combined. Transfer mixture to a parchment-lined 9-x-5-inch loaf pan, smoothing out with a spatula to remove air bubbles.

Prepare cranberry glaze: In a food processor, puree the roasted cranberries, ketchup, coconut sugar, Sriracha sauce and garlic cloves until smooth. Spoon cranberry glaze over the top of the “meatloaf” until fully covered.

Bake for 45 minutes. Remove from oven and let cool for 5 minutes before serving.

Recipe adapted by Sherilyn Long from Jerry James Stone's recipe, published in The Costco Connection Magazine, November 2016