



Holistic nutrition includes body, mind and spirit.

## **Recipe: Gluten Free and Dairy Free Chicken Meatloaf - September 2017**

It is possible for us eat organic meatloaf without consuming red meat, gluten or dairy! 6 servings in an 8"x8" glass pan that fits in a toaster oven.

Ingredients:

- 1 lb (454 g) lean ground chicken or turkey
- 1 cup medium flake, certified gluten free oatmeal
- 1/2 cup diced onion
- 1/2 cup finely diced celery
- 1 clove garlic finely minced
- 1/2 tsp dry or 1 tsp fresh minced sage
- 1/2 tsp dry or 1 tsp fresh minced thyme
- 1/2 tsp (2.5 ml) fresh ground black pepper
- 1/2 tsp sea salt
- 1 large egg, beaten with a fork (omit if you are sensitive to eggs)

Saute or microwave the onion, celery and garlic until softened. In a large bowl combine the chicken/turkey, oatmeal, onion, celery, garlic, egg, sage, thyme, black pepper and egg. I use my hands to thoroughly mix the ingredients.

Pat the mixture into an 8"x8" glass pan and bake at 350 degrees F for 30 minutes. Take out the meatloaf, spread the cranberry sauce over the entire top of the meatloaf and bake for another 15 minutes. Cool 10 minutes to let the meatloaf set, slice and serve. This recipe is also great cold the next day or for picnics.

Cranberry Sauce:

- 1 lb (454 g) fresh cranberries, chopped
- 1/2 cup orange juice

pinch cinnamon

Simmer cranberries, orange juice and cinnamon until cranberries are soft and sauce consistency. Usually about 10 minutes depending on your stove. You can mash or puree the sauce if you want a finer texture. You could also use a canned whole berry cranberry sauce, however, read the ingredients to ensure there is nothing you are sensitive to in the purchased sauce. Quality varies on canned varieties. You can add sugar, other whole sweetener or chopped apples, however, I prefer the tart sauce on this savory poultry dish.

## **GF DF Meatloaf Has a Story**

With both friends and clients who are allergic or sensitive to gluten and dairy, I have been experimenting to develop a non read meat loaf that I really like. Thank you to all those who agreed to be testers.

Using poultry instead of red meat makes this recipe more alkalizing than a red meat version which is helpful for anyone with inflammation be it from arthritis, gout, lupus, diabetes or some other condition.

One day when I was tired, I forgot the egg and the loaf turned out fine, so if you are sensitive to eggs, it will still hold together. I do prefer the texture with the egg when cutting pieces for freezing or lunches.

## **Nutrients in the Chicken/Turkey Loaf**

Per Serving:

Vegetables and Fruit 0.5

Grain Products 0.5

Milk and Alternatives 0

Meat and Alternatives 1

## Nutrients Per Serving

Calories (kcal)	208.4
Fat (g)	9.8
Saturated Fat (g)	2.7
Trans Fat (g)	0.1
Cholesterol (mg)	96.1
Sodium (mg)	260.1
Potassium (mg)	301.2
Carbohydrate (g)	14.7
Fibre (g)	2.4
Sugar (g)	0.9
Protein (g)	17.1
Vitamin A (RAE)	18.6
Vitamin C (mg)	1.6
Calcium (mg)	39.9
Iron (mg)	2.1
Vitamin D (µg)	0.3
Vitamin E (mg)	0.6
Thiamin (mg)	0.2
Riboflavin (mg)	0.3
Niacin (NE)	7.4
Folate (DFE)	12.6
Vitamin B6 (mg)	0.4
Vitamin B12 (µg)	0.4

## Nutrients in the Cranberry Sauce

Per Serving:

Vegetables and Fruit

Grain Products

Milk and Alternatives

Meat and alternatives

<b>Nutrients Per Serving</b>	
Calories (kcal)	44.8
Fat (g)	0.1
Saturated Fat (g)	0.0
Trans Fat (g)	0
Cholesterol (mg)	0.0
Sodium (mg)	1.7
Potassium (mg)	108.3
Carbohydrate (g)	11.6
Fibre (g)	3.6
Sugar (g)	4.9
Protein (g)	0.5
Vitamin A (RAE)	4.5
Vitamin C (mg)	21.0
Calcium (mg)	9.2
Iron (mg)	0.2
Vitamin D (µg)	0.0
Vitamin E (mg)	1.0
Thiamin (mg)	0.0
Riboflavin (mg)	0.0
Niacin (NE)	0.2
Folate (DFE)	7.3
Vitamin B6 (mg)	0.1
Vitamin B12 (µg)	0.0

I usually serve this with a dark green salad. ENJOY!

**Be healthy 4 life,  
Cathy Ferren RHN**

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