I Love Plants (iloveplants.org)

EPIC VEGAN NUT ROAST (adapted)







2 1/2 cups mixed nuts (hazelnuts, walnuts, pecans)
2 parsnips
1 red onion
1/4 cup sherry, white wine, or veg broth
1 garlic clove, minced
2 carrots
1 cup zucchini
1/2 cup red wine
1 cup whole grain breadcrumbs
1 tbsp chopped fresh thyme
2 sprigs of fresh rosemary, leaves removed from stems
1/2 tbsp chopped fresh sage
1/2 cup of cranberries
Pinch of nutmeg
Large pinch of allspice

1. Preheat oven to 350°F.
2. Lay out aluminum foil on a tray dull side up, and lay out all of your nuts, giving them a little space around them. Place in the oven and roast for 5-10 minutes. Remove; let the nuts cool, then roughly chop.
3. Turn up the oven to 400°F. Line a loaf pan with parchment paper. [Editor's note: If you don't have parchment paper, lightly oil the loaf pan.]
4. Peel and chop the parsnips, place in a saucepan of water and cook over a medium heat until soft. Once cooked, drain and place to one side. Once cooled, mash until fluffy.
5. Place a large skillet on the heat and add the sherry, wine or broth. Peel and finely chop the red onion and place in the skillet; cook until soft and translucent. Finely chop the garlic and add to the pan and cook until soft.
6. Peel and grate the carrots and finely chop the zucchini. Add both to the pan and cook until softened.
7. Add the red wine, bread crumbs, chopped herbs and spices to the pan and mix well.
8. Add the mashed parsnip and toasted mixed nuts, mix all together and season with salt and pepper.
9. Place mixture in your prepared loaf pan, cover with aluminum foil, and bake for 30 minutes. Then remove the foil and bake for another 30 minutes.
10. Remove from oven and serve and enjoy!

Carla, the creator of **I Love Plants** (not to be confused with some outfits selling gardening products and advice!) went plant-based for the "trifecta" of health, animals and planet, and she wants to make the journey easier for others. Carla uses oil and processed ingredients in some recipes but they can be adapted to WFPB.