

Grain and Garden Vegetable Mosaic Loaf

1/2 cup onion, finely diced
1 T. safflower oil, plus additional for oiling loaf pan
1/2 cup carrot, finely diced
1/2 cup celery, finely diced
1/2 cup red pepper, destemmed, deseeded, and finely diced
1/2 cup zucchini, finely diced
4 t. garlic, minced
1/2 t. dried basil
1/2 t. dried oregano
1/4 t. dried thyme
1/2 cup millet, rinsed, and drained
1 t. salt
1/2 t. freshly ground black pepper
2 2/3 cups water, divided
1/3 cup basmati rice, rinsed, and drained
1/3 cup quinoa, rinsed, and drained
1/4 cup freshly chopped parsley

In a medium saucepan, saute the onion in the safflower oil for 3 minutes to soften. Add the carrot and celery and saute an additional 3 minutes. Add the red pepper and zucchini and saute an additional 2 minutes. Add the garlic and dried herbs and saute an additional 1 minute. Add the millet, salt, and pepper, stir well to thoroughly combine it with the vegetable mixture, and then add 1 1/3 cups of the water, and bring the mixture to a boil. Cover the saucepan, reduce the heat to low, and simmer for 30 minutes. Meanwhile, in another medium saucepan, place the remaining 1 1/3 cups water, and bring it to a boil. Add the basmati rice and quinoa, stir, cover, reduce the heat to low, and simmer the mixture for 15 minutes. At the end of the cooking time, remove both saucepans from the heat, leave the saucepans covered, and set them aside for 5-10 minutes to allow the grains to steam.

Using a little safflower oil, lightly oil (or mist with oil) a 9 x 5 x 3-inch loaf pan, and set aside. Add the cooked basmati rice-quinoa mixture to the millet-vegetable mixture, along with the chopped parsley, and stir well to combine. Taste and adjust the seasonings, to taste. Transfer the mixture to the prepared loaf pan and pack it down firmly into the loaf pan. Bake the loaf at 350 degrees for 25-30 minutes or until lightly browned on top. Remove the loaf pan from the oven and allow it to cool on a rack for 10 minutes. Invert the loaf onto a plate or serving platter, remove the loaf pan, and allow the loaf to cool a few minutes before slicing with a sharp knife. Serve slices plain or topped with your choice of gravy or tomato sauce.

Yield: One 9 x 5 x 3-inch loaf or 4-6 servings

