

Sunset Apple Loaf

Remember the satisfaction of a meatloaf dinner? Here's a refreshing twist on the meatloaf theme using tart Granny Smith apples with one of my favorite meatless ground products, Beyond Meat. The flavor profile is enhanced with a touch of cinnamon.

The loaf is served with a mild curry cream sauce and a tasty corn, peppers and edamame succotash. The plate is finished with caramelized potato halves topped with yogurt/scallion sauce. I call this meal "Sunset" Apple Loaf because the sun is still setting before dinner.

Preparation Time: 1 hour and 45 minutes - Servings: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize all ingredients to get started, it will make the cooking experience more fun. You'll need a total of 2-1/3 C. chopped onions: 1-1/2 C. for the Apple Loaf, 1/3 C. for the Sauce and 1/2 C. for the Succotash. Prep 2 cloves chopped garlic: 1 for the Apple Loaf, 1 for the Sauce.

Apple Loaf

1 C. dried bread crumbs or crushed no-salt saltine crackers
1 clove garlic (smashed and chopped)
1-1/2 C. yellow onion (finely chopped)
1/2 tsp. dry oregano leaves
1/2 tsp. ground black pepper
1/3 C. low-sodium vegetable broth
1/3 C. nonfat milk
1 egg (lightly whisked)
1 Granny Smith apple (peeled, cored and chopped)
1 tsp. cinnamon
1/2 tsp. allspice

12 oz. Beyond Meat Plant-based Ground Beef
(or equivalent product)
-or-
Optional - 1 lb. ground turkey

Roasted Potatoes

4 medium red potatoes (scrubbed and halved)
1 tsp. olive oil
Topping:
1 C. quark or stirred nonfat yogurt
2 green onions (chopped)

Sauce for Loaf

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/3 C. yellow onion (finely chopped)
1 C. low-sodium vegetable broth
1/2 C. white wine
1 tsp. cinnamon
1 tsp. yellow curry powder
1 tsp. honey
1 T. rice wine vinegar

2 T. cornstarch
dissolved in
1/3 C. water
1/2 C. plain, nonfat yogurt (stirred)

Succotash

1 tsp. olive oil
2 C. frozen whole kernel corn
1/2 C. onion (finely-chopped)
1/2 C. seeded red bell pepper (finely-chopped)
1 -1/2 C. edamame beans

1/2 tsp. butter
1/4 C. low-sodium vegetable broth
6 cherry tomatoes (chopped)
3 T. fresh chopped cilantro or basil
Juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

First thing - preheat the oven to 375°.

Apple Loaf and Sauce

Sunset Apple Loaf:

Mix all meatloaf ingredients together with your hands in a large bowl until well blended. Transfer to an oiled 4"X 8" loaf pan. Bake in a preheated 375° oven for 45 minutes. Allow to cool 15 minutes. Remove from pan and slice.

Sauce for Meatloaf

1. Place all sauce ingredients (except cornstarch, water and yogurt) in small saucepan. Bring to a boil. Reduce heat to low and cook 5 minutes.
2. Thicken with cornstarch mixture. Cook another 5 minutes over low heat.
3. Remove from heat until ready to serve. (Reheat, and add yogurt just before serving.)

Roasted Potatoes and Topping

Roasted Potatoes:

Rub halved potatoes with a little olive oil and place, cut-side-down, on an oiled cookie sheet. Slide potatoes into oven next to the meatloaf during final 30 minutes of cooking. If necessary, set the meatloaf pan on the tray with the potatoes.

Topping:

Stir green onions into yogurt. Set aside.

Succotash and Plate the Meal

Succotash:

1. Place olive oil in a small saucepan and toss frozen corn, onion, and bell pepper over medium-high heat until onion starts to brown.
2. Add edamame beans, butter and broth. Bring to boil and cook 3 minutes.
3. Add chopped tomato and cilantro (or basil). Toss and remove from heat. Drizzle with lime juice.

Plate:

Reheat sauce and stir in yogurt. Serve loaf sliced with a pool of sauce underneath and spoon a little extra sauce over the top. Flank with succotash and potatoes. Set yogurt/onion mixture on table to dress potatoes.

What I've Learned from this Recipe

Although I use Beyond Meat ground product in this version of meat loaf. You could also use Chick'n strips or fillets for the loaf. However, when using Chick'n products, it's best to brown the strips or fillets first. Then chop them in a food processor before adding them to the loaf.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com