



Adzuki Bean Loaf

SERVES 4

ADZUKI (or aduki) beans have been cherished in Japan and Asia for centuries and are usually served at festive occasions. Chinese cultures believe they bring good luck when eaten. This sweet ruddy-colored bean with a white crack running down the center is relatively small, about half the size of a black bean. Adzuki beans are frequently cooked along with rice, imparting to the grain an attractive pink hue. They are also sweetened for desserts, confections, and chilled beverages. Adzuki beans are normally available canned in most natural foods markets and Asian grocery stores. The natural sweet taste of adzuki beans goes well with the sautéed root vegetables in this unique recipe for “meatless” meat loaf. It’s comfort food your mother never dreamed of.

- 2 (15-ounce) cans cooked adzuki beans, rinsed and drained well
- 1 large Idaho potato, peeled and cut into large pieces
- 1 tablespoon olive oil
- 1/2 medium onion, finely diced
- 1 stalk celery, finely chopped
- 1 large carrot, finely chopped

- 1 large pita bread, torn into small pieces and soaked in 1 cup water
- 1 tablespoon tamari
- 1/2 cup finely chopped parsley
- 1 teaspoon salt
- 2 teaspoons freshly ground pepper
- 1/4 cup finely chopped fresh oregano
- 1/4 cup finely chopped fresh basil
- 1 teaspoon lime juice

Vegetable oil for spraying loaf pan

Preheat the oven to 350°F. Place the drained beans in a large mixing bowl. Bring a saucepan of water to a boil, add the potato, and cook until tender, about 10 minutes. Drain and set it aside in the bowl with the beans.

In a large sauté pan, heat the olive oil over medium heat, and sauté the onion, celery, and carrot for 3 minutes, until all the vegetables are tender; add this to the beans.

Squeeze excess moisture from the pita bread, and add the bread to the beans. Add the tamari, parsley, salt, pepper, oregano, basil, and lime juice.

Mash the beans and vegetables with a vegetable masher until all the ingredients are coarsely blended.

Spray a standard-size rectangular loaf pan with the vegetable oil, and evenly spread the adzuki bean mixture into the pan with a rubber spatula. Tap the loaf pan on a cutting board to make sure the mixture settles to the bottom well. Score the surface of



the bean crust with a butter knife in a crisscross fashion. Bake the loaf in the oven for about 45 minutes, or until golden brown on the surface.

NOTE: You may bake the loaf up to 3 days before serving. This makes it easy to slice. Try a few slices with some melted cheese, sliced onion, lettuce, and tomato on a sub roll or serve warm, sliced over a field green salad.

PER SERVING: CALORIES 310; CALORIES FROM FAT 40; CALORIES FROM SATURATED FAT 0.5; PROTEIN 15 G; CARBOHYDRATE 54 G; TOTAL FAT 4.5 G; SATURATED FAT 0.5 G; CHOLESTEROL 0 MG; SODIUM 1,270 MG; 13% CALORIES FROM FAT

