

Lentil Loaf

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, saucepot, mixing bowl, loaf pan.

Serves: 6

Ingredients:

- 1 cup dry green/brown lentils
 - 2 ½ cups vegetable/chicken/turkey stock
 - 1 tbsp olive oil
 - ½ large onion
 - 1 rib of celery
 - 1 medium carrot
 - 3 cloves garlic
 - 1 ½ cups quick cooking oats
 - 2 tbsp ground flax seed
 - 1 tbsp ketchup
 - 1 tbsp maple syrup or brown sugar (your choice)
- Topping: ½ cup ketchup, 1 tbsp balsamic vinegar, 1 tbsp maple syrup.

Directions:

1. Preheat oven to 375 degrees.
2. In a saucepot combine stock and lentils. Bring to a boil and reduce to a simmer. Simmer for approximately 20 minutes or until lentils are cooked through and easy to mash.
3. While lentils are cooking, mince garlic, dice onions, carrots and celery to similar sizes.
4. Once lentils have cooked through, strain off any remaining liquid and return saucepot to the stove top. Heat oil to medium heat, add veggies and cook until the onions are translucent.
5. In a mixing bowl, combine the lentils, sautéed veggies, and remaining ingredients, mix everything together. Remove half of the mixture and puree. Add back to the remaining ingredients.
6. Mix ingredients until well combined.
7. Spray a loaf pan with pan spray and line with parchment.
8. Cover with aluminum foil, cook for 25 minutes. Remove aluminum foil and continue cooking another 20 minutes.
9. Let cool for 10 minutes and remove from pan. Slice and serve.



Nutrition Information (per 1/6th recipe):

Calories: 266 Fat: 11 g Carbs: 31.4 g Protein: 12.3 g Fiber: 13.3 g Sodium: 301 mg

<https://wexnermedical.osu.edu/nutrition-services>

