

Main Course

Lentil Loaf

**Vegetarian*

Loafs aren't just for meat anymore. Serve this lentil loaf to your vegetarian friends and they'll for sure be asking for the recipe. This meal freezes well.

You'll Need

- 1 cup cooked lentils
- 1 egg
- 1 cup oats
- 3/4 cup grated white cheese
- 1/3 cup chopped onion
- 3 sliced whole wheat bread, crumbled
- Diced vegetables-bell pepper, celery, carrots (1 ½ cups total is a good amount)
- Dried herbs of your choice such as basil, oregano, etc
- Pinch of salt
- Garlic powder
- Approximately 1/3 cup Ketchup



Directions

- Preheat oven to 325 degrees
- Mix all ingredients together (using your hands is helpful) Add approximately 1/8 cup of ketchup to mixture.
- Bake in a loaf, 8x8 pan or other pan (about 2 inches deep) covered for 45-60 minutes. Uncover the last 5 minutes and bake with ketchup on top.

Play with Your Food

- Add a splash, hot sauce
- Add a splash of soy sauce

Medwell Kitchen Tested

½ cup of dry lentils+ approximately 1 cup cooked lentils

To cook lentils, put them in a pot and cover with ¼ of an inch of water. Boil the water and then lower to a simmer. The lentils will absorb the water and will expand. Lentils are done when they are soft. If water has all been absorbed and lentils are still not soft, add a bit more water to the pot. If the lentils become soft, and there is still extra water in the pot, just drain off extra water.