



Lentil Walnut Loaf

Yield: 8 servings

Ingredients

- 1 batch ($\frac{3}{4}$ cup) of balsamic apple glaze (see separate recipe)
- 1 cup dried whole lentils
- 3 cups water
- $\frac{1}{2}$ cup walnuts, chopped
- 1 cup diced onion
- $\frac{1}{2}$ cup small diced celery
- 1 tablespoon minced garlic
- $\frac{1}{2}$ cup grated carrot
- $\frac{1}{4}$ cup grated apple
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon dried thyme
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $1\frac{1}{2}$ tablespoons ground flaxseed
- $\frac{1}{4}$ cup whole-wheat or oat flour
- $\frac{1}{4}$ cup breadcrumbs

Instructions

1. Preheat oven to 350 degrees.
2. In a small sauce pan, add lentils and water. Bring to a boil, reduce heat, cover and simmer until lentils are very soft and mushy. About 20 minutes.
3. Meanwhile, grease a loaf pan and line it with parchment paper.
4. Place walnuts on a baking tray and bake in the oven for about 10 minutes, until lightly browned and fragrant.
5. Drain water from lentils. Place lentils in a large mixing bowl and then mash the them slightly with a spoon.
6. In a small sauté pan, heat 1 tablespoon of water and sauté the onion, celery and garlic until the onion softens.
7. Add to the sauté pan: carrot, apple, cranberries, oregano, thyme, salt and pepper. Cook for 2 minutes.
8. In the large mixing bowl, stir together: the lentils, sautéed vegetable mixture, flaxseed, flour and breadcrumbs.
9. Press mixture firmly into the prepared loaf pan. Spread 6 tablespoons of the balsamic apple glaze on top of the lentil walnut loaf.
10. Bake, uncovered in the oven for 30 minutes. Cool in pan for at least 10 minutes before slicing.
11. Serve slices with a side of the remaining balsamic apple glaze.

Nutrition Information **Serving Size: 1 Slice**

Calories: 223 | Total Fat: 6 g | Saturated Fat: 0.6 g | Monounsaturated Fat: 0.8 g | Polyunsaturated Fat: 4 g
Sodium: 420 mg | Total Carbohydrate: 38 g | Dietary Fiber: 5.5 g | Sugars: 13 g | Protein: 9 g

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