



Lentil-Walnut Loaf – From “Oh She Glows” Cookbook

Lentil –Walnut Loaf

- 1 cup **Fieldstone Organic French Green Lentils**
- 1 cup walnuts, finely chopped and toasted
- 3 tbsp. ground flax + 1/2 cup water
- 3 garlic cloves, minced
- 1.5 cups finely chopped sweet onion
- 1 cup finely chopped celery
- 1 cup grated carrot
- 1/3 cup peeled and grated sweet apple
- 1/3 cup raisins
- 3/4 cup breadcrumbs
- 1/2 cup **Fieldstone Organic Oats** ground into flour
- 2 tsp fresh thyme (or 3/4 tsp dried thyme)
- salt & pepper, to taste
- red pepper flakes, optional

For the Balsamic Apple Glaze:

- 1/4 cup ketchup
- 1 tbsp. pure maple syrup
- 2 tbsp. unsweetened applesauce
- 2 tbsp. balsamic vinegar

Preparation Instructions:

1. Preheat oven to 325F. Rinse and strain lentils. Place lentils into pot along with 3 cups of water (or veg broth). Bring to a boil and season with salt. Reduce heat to medium/low and simmer, uncovered, for at least 40-45 minutes, until all water is absorbed and lentils are a bit doughy. Stir frequently & add touch of water if needed. The goal is to overcook the lentils. Mash lentils slightly with a spoon when removing from heat, while leaving some lentils intact. This part is necessary for the loaf to stick together.
2. Toast walnuts at 325F for about 8-10 minutes. Set aside. Increase oven temp to 350F.
3. Whisk ground flax with water in a small bowl and set aside.
4. Heat a teaspoon of olive oil in a skillet over medium heat. Sauté the garlic and onion for about 5 minutes. Season with salt. Now add in the diced celery, shredded carrot and apple, and raisins. Sauté for about 5 minutes more. Remove from heat.
5. In a large mixing bowl, mix together the cooked lentils, toasted walnuts, flax egg, skillet mixture, oat flour, breadcrumbs, thyme, salt, pepper, and red pepper flakes. Adjust seasonings to taste.
6. Grease a loaf pan (or mini loaf pans) and line with parchment paper. Press mixture firmly into pan. Whisk glaze ingredients and then spread half on top of loaf. Reserve the rest for a dipping sauce.
7. Bake at 350F for 40-50 minutes, uncovered. Edges will be lightly brown. Cool in pan for at least 10 minutes before transferring to a cooling rack. I usually wait until loaf is cool before slicing - it slices best when it's been in the fridge to set. Spread fresh glaze on top just before serving. Cool fully before wrapping & freezing.