

# VEGAN LENTIL WALNUT LOAF



## INGREDIENTS

- 1 C Lentils (dry)
- 3 C Trader Joe's Vegetable Broth
- 3 T Flax seed (ground)
- 1/2 C Water (warm)
- 1 T Extra virgin olive oil
- 3 cloves Garlic (minced)
- 1 C Onion (diced)
- 1 Green onion (scallion) (chopped finely) OR celery (chopped)
- 1 Carrot (medium) (grated)
- 1/3 C Apple (peeled) (grated)
- 3/4 C Walnuts (toasted) (roughly chopped)
- 1 t Kosher salt
- Black pepper
- 1 t Thyme
- 1/2 C Oat flour **OR** gluten-free flour of your choice
- 1 T Flax seed (ground)
- 3/4 C Panko crumbs **OR** gluten-free crumbs

## DIRECTIONS

- 1 In a 3 qt pot add vegetable broth & bring to a boil
- 2 Rinse lentils & check them to make sure there aren't any small pebbles in the mix
- 3 Add lentils to the broth & reduce the heat to low stirring often so they don't stick to the bottom
- 4 Simmer until liquid is absorbed & lentils are soft (40 minutes)
- 5 While lentils are cooling, pre-heat oven to 350 & line a loaf pan with parchment so that the paper hang over the edges by 2 inches
- 6 Toast the walnuts at 350 F for about 6 minutes & set aside to cool
- 7 In a small bowl, stir the 3 T flax with the warm water & stir well (Should sit for at least 10 minutes)
- 8 In a large saute pan, saute the onion & garlic with the olive oil on low-medium heat (5 minutes)
- 9 Add the carrot & saute for 2-3 minutes over low heat
- 10 Add the apple & walnuts & saute for 1 - 2 minutes & then add salt, pepper & thyme to your taste
- 11 Process 3/4's of the lentils until smooth & place in a bowl with those you didn't process
- 12 Add the crumbs, flax egg, vegetable mix, flour & the 1 T flax seed & stir thoroughly (might need hands)
- 13 Pour the mix into your loaf pan & spread it with a spoon making sure that the mix is firm
- 14 Spread glaze (see recipe below) evenly over loaf & bake uncovered at 350 for 45 minutes

## GLAZE

- 2 T Ketchup
- 1 T Balsamic vinegar
- 1 T Maple syrup (low cal) **OR** Agave
- 1 T Apple 'butter' (it's like thick applesauce - OU pareve)

In small bowl combine all glaze ingredients

