

# Sun-Dried Tomato Lentil Loaf

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

Lentil loaves are a delicious alternative to meatloaf! The sun-dried tomatoes add a tasty, caramelized flavor.

## About the Recipe

**164 Calories · 11 g Protein · 17 g Fiber**  
**Dinner**

## Ingredients

***Makes 4 Servings***

- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 tsp (5 mL) paprika
- 1/2 tsp (2.5 mL) ground black pepper
- 1/4 bunch or 1/4 tsp (1.2 mL) fresh thyme, destemmed
- 3/4 c (144 g) dry green lentils
- 8 sun-dried tomatoes
- 1 tbsp (15 mL) ground flaxseed (optional)
- 1 tbsp (15 mL) balsamic vinegar
- 1/2 tsp (2.5 mL) salt

## Directions

1. In a large saucepan, over medium heat, saute the onion until lightly browned. Add the garlic and saute for 2 more minutes. Add the paprika, pepper, and thyme and stir. Add 1 1/2 c (350 mL) water and bring to a boil. Add the dry lentils and stir. Bring the water back to a boil, cover the pot, reduce heat to low,

and cook the lentils for 20-25 minutes.

2. Add the sun-dried tomatoes, balsamic vinegar, and salt to the lentil mixture and puree until coarsely ground with an immersion stick blender or in a food processor. You want each lentil to have been hit at least once by the blade, but not turned into a puree.
3. For extra binding power, you can fold in a flax egg before pressing the mixture into the loaf pan. To make a flax egg, combine ground flaxseed with 2-3 tbsp (30 mL) water. Let sit for 5-10 minutes untouched before adding to the lentil mixture.
4. Line a small loaf pan with parchment paper. Press the lentil mix into the loaf pan and cover with foil. Bake at 325 F (163 C) for 30-40 minutes.
5. Uncover the lentil loaf once it comes out of the oven. Allow the lentil loaf and pan to cool enough to safely handle. Using a knife or spatula, separate the edge of the lentil loaf from the parchment paper. Place a plate over the loaf pan and quickly turn it over. Tap on the pan to help the loaf separate from the pan. Gently remove the pan. Slice the lentil loaf.

## Nutrition Facts

*Per serving:*

**Calories:** 143 kcal

**Fat:** 1 g

**Saturated Fat:** 0 g

**Calories From Fat:** 4%

**Cholesterol:** 0 mg

**Protein:** 10 g

**Carbohydrates:** 19 g

**Sugar:** 3 g

**Fiber:** 7 g

**Sodium:** 303 mg

**Calcium:** 36 mg

**Iron:** 3.9 mg

**Vitamin C:** 5.1 mg

**Beta-Carotene:** 178 mcg

**Vitamin E:** 0.3 mg