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) **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