

Ultimate Tangy Lentil & Nut Oat Loaf

Prep Time 10 minutes
 Cook Time 30 - 35 minutes
 Total Time 40 - 45 minutes
 Servings 8 servings



Ingredients

Tangy Tomato Sauce:

- 6 ounces tomato paste
- 1 tablespoon balsamic vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Loaf Mixture:

- 1 cup finely diced onions
- ½ cup diced carrots
- 1 tablespoon olive oil
- 3 cups cooked lentils (if using canned, drain and rinse)
- 3 tablespoons ground flaxseeds
- 1 cup rolled oats (gluten free if necessary)
- ½ cup walnuts, ground (if nut free use ½ cup pumpkin seeds, ground)
- 1 ½ tablespoons soy sauce, tamari or coconut aminos
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- 1 large egg, beaten or flax egg (1 tablespoon ground flax + 2 ½ T water in a small bowl and let sit for 10 minutes.)

Directions

Tangy Tomato Sauce:

1. Place all ingredients in a small bowl and mix well.
2. If you would like to dip your lentil loaf into the tangy tomato sauce you can make a double batch.
3. In a small bowl mix together the tomato paste, vinegar, garlic powder and onion powder. A portion will be used in the loaf and the rest will be used to coat the top.

Loaf Mixture:

1. Preheat oven to 350 °F.
2. Heat 1 tablespoon of olive oil in a medium skillet over medium heat.
3. Add chopped onion and carrots cook, stirring frequently, until onions are transparent cook for about 5 minutes.
4. In a mixing bowl, combine cooked onions, 6 tablespoons of the tomato mixture, oats, lentils, walnuts, vinegar, soy sauce, garlic powder, and salt and mix well.
5. Add egg to bind the mixture and mix well.
6. Using a cooking spray, spray a loaf pan (8 ½ by 4 ½ by 2 ½).
7. Spoon lentil mixture into pan to form a loaf shape.
8. Coat with remaining tomato mixture.
9. Cook for 20 minutes, then cover with foil and cook for an additional 10 to 15 minutes or until golden brown on the edges and slightly dry to the touch. Remove from the oven and let rest for 10-15 minutes in the pan. Then gently remove and carefully slice and serve.
10. Leftovers keep for 4-5 days in the refrigerator or 1 month in the freezer. Reheat in the microwave or in a 350° F (176° C) oven until warmed through. This could be prepared a few days ahead of time if necessary.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	8 servings per container Serving size 1 slice Calories per serving 220	Total Fat 8g	10%	Total Carbohydrate 28g
Saturated Fat 1g		5%	Dietary Fiber 8g	29%
Trans Fat 0g			Total Sugars 5g	
Cholesterol 0mg		0%	Includes 0g Added Sugars	0%
Sodium 250mg		11%	Protein 10g	
Vitamin D 0mcg		0%	Calcium 0mg	0%
Potassium 0mg		0%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.