

Lentil Oat Loaf

by Ann Esselstyn pg 176 My Beef with Meat LOL suits this perfectly. Serve it up as the main dish with a big salad, or fry up leftovers the next day in an LOL sandwich. I especially dig the taste of the barbecue sauce on the top and bottom.

Prep time: :25

Cook time: :55

Yield: 2 loaves

Serving size: 8

Calories per serving: 187

Ingredients:

- 1 1/2 cups red lentils
- 2 1/2 cups water
- 1 large onion chopped
- 4 cloves chopped garlic
- 8 ounces chopped mushrooms
- 4 cups fresh spinach chopped
- 1 (15-ounce) can diced tomato
- 1 teaspoon dried sage
- 1 teaspoon garlic powder
- 1 teaspoon spike seasoning
- 1/2 teaspoon marjoram
- 1/2 cup fresh cilantro or parsley
- 2 cups old fashioned rolled oats
- 1 1/2 cups barbecue sauce or ketchup



Directions:

1. In a saucepan, bring the lentils to a boil in the water. Decrease the heat to low, cover, and simmer until the lentils are tender and most of the water is absorbed, 8 to 10 minutes. In the same saucepan, mash the lentils with the back of a spoon or a potato masher; don't worry, red lentils cook quickly and mash easily.
2. In a nonstick pan, cook the onions over medium heat, stirring constantly to avoid burning, until soft and translucent. Add the mushrooms and garlic and continue to cook over medium heat until soft. Add water or vegetable broth, if necessary, to keep the vegetables from sticking. Add the spinach, cover, and continue to cook over medium heat until the spinach wilts, 4 or 5 minutes.
3. Preheat the oven to 375°F.
4. Combine mashed lentils, onion-mushroom-spinach mixture, spices, chopped tomatoes and oats.
5. In the bottom of two 9 x 5-inch loaf pans, spread half of the barbecue sauce or ketchup. Add the lentil-oat mixture to the loaf pans, then spread the remaining barbecue sauce or ketchup in a generous layer on the tops.
6. Bake for 45 to 55 minutes until the barbecue glaze turns crispy on the edges. Let set for 10 to 15 minutes before cutting and serving - ideally until the next day!