

Roasted Veggie Loaf with a Balsamic Glaze

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1. Add lentils, onion, garlic and broth to a stock pot, bring to a boil, reduce heat, cover and simmer for 15 minutes.
2. Preheat the oven to 425°F. Heat the oil in a large sauté pan over high heat. Add the zucchini, bell peppers, garlic paste, and 1/4 teaspoon red pepper flakes. Season with salt and pepper and cook until the vegetables are almost soft, about 5 minutes. Set aside to cool.
3. Whisk the flax egg and fresh herbs in a large bowl. Add the lentils, breadcrumb, cheese, 1/2 cup ketchup, 2 tablespoons balsamic vinegar, and the cooled vegetables; mix until just combined.
4. Gently press the mixture into a 9×5-inch loaf pan. Whisk the remaining 1/4 cup ketchup, 1/4 cup balsamic vinegar, and 1/4 teaspoon red pepper flakes in a small bowl; brush the mixture over the entire loaf. Bake for 1 to 1 1/4 hours. Let rest for 10 minutes before slicing.

recipe is courtesy of onegreenplanet.org Thank you, Lisa!!!

These fantastic little legumes are super inexpensive, and their rich earthy flavors compliment meat meals or make a stellar substitution in meat-free dishes. Lentils are a top-notch source of plant-powered protein and high in potassium and folate. A serving of lentils has even more potassium than a banana! Lentils leave your gut happy and healthy with a mega dose of fiber. Although everyone's tolerance is different, lentils tend to be easier to digest and cause less gas and bloating than other beans. They also don't need to

be soaked beforehand, which makes for quick prep. Enjoy lentils in soups and stews, or my latest fave: Roasted Veggie Loaf with a Balsamic Glaze.