

In our quest to find a vegetarian alternative when serving meatloaf to our artists, one of our Actors Associates members found the following recipe. It's surprisingly tasty. In fact, it's good enough that we've even served it as our entrée, and it's been gobbled up.

Actors Associates, Actors Theatre of Louisville

Really Good Vegetarian Loaf (Really!)

2 C. **water**

1 tsp. **salt**

1 C. **lentils**

1 small **onion**, diced

1 C. **quick-cooking oats** – or consider mashed garbanzo beans

3/4 C. grated **cheddar cheese**, swiss cheese, *or* Monterey jack cheese

1 **egg**, beaten

4 ½ oz. **spaghetti sauce** *or* **tomato sauce**

1 tsp. **garlic powder**

1 tsp. **dried basil**

1 T. **dried parsley**

1/4 tsp. **black pepper**

Preheat oven to 350 degrees.

Add salt to water and boil in a saucepan. Add lentils and simmer covered 25-30 minutes, until lentils are soft and most of water is evaporated. Remove from fire. Drain and partially mash lentils.

Scrape lentils into a mixing bowl and allow to cool slightly.

Stir in onion, oats and cheese until mixed.

Add egg, tomato sauce, garlic, basil, parsley, seasoning salt and pepper. Mix well.

Spoon into loaf pan that has been generously sprayed with Pam (non-stick cooking spray) or well-greased. Smooth top with back of spoon.

Bake at 350 degrees for 30- 45 minutes until top of loaf is dry, firm and golden brown.

Cool in pan on rack for about 10 minutes.

Run a sharp knife around edges of pan then turn out loaf onto serving platter.

Makes one medium meatloaf that serves 4-6.