

Potassium Lentil Loaf

Loaf

- 1 cup dry lentils (use green, red or brown)
- 2 1/2 cups water
- 3 tablespoons flaxseed meal (ground flaxseeds)
- 1/3 cup water (6 tablespoons)
- 2 tablespoons grapeseed oil
- 3 garlic cloves, minced
- 1 small onion, finely diced
- 1 small red bell pepper, finely diced
- 1 carrot, finely diced or grated
- 1 celery stalk, finely diced
- 3/4 cup oats (I used GF oats)
- 1/2 cup GF oat flour or finely ground oats (any flour of choice will work here too)
- 1 heaping teaspoon dried thyme
- 1/2 heaping teaspoon cumin
- 1/2 teaspoon each garlic powder & onion powder...for good measure!
- 1/4 – 1/2 teaspoon ground chipotle pepper, optional
- celtic sea salt to taste

Glaze

- 3 tablespoons organic tomato paste
- 1 tablespoon balsamic vinegar
- 1 tablespoon pure, dark maple syrup

Rinse lentils. In large pot add 2 1/2 cups water with lentils. Bring to a boil, reduce heat, cover and simmer for about 40 minutes, stirring occasionally. It's ok if they get mushy, we are going to roughly puree 3/4 of the mixture when cooled. Once done, remove lid and set aside to cool (do not drain), they will thicken a bit upon standing, about 15 minutes is good.

Preheat oven to 350 degrees.

In small bowl combine flaxseed meal and 1/3 cup water, set aside for at least 10 minutes, preferably in the refrigerator. This will act as a binder and will thicken nicely upon sitting.

Prepare vegetables. In saute pan heat oil or water over medium heat. Saute garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.

Using an immersion blender or food processor, blend 3/4 of the lentil mixture. Alternately, you can mash the lentils with a potato masher or fork.

Combine sauteed vegetables with the lentils, oats, oat flour and flax egg, mix well. Taste, adding salt as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Press down firmly filling in along the edges too.

Prepare your glaze by combining all ingredients in a small bowl, mix until incorporated. I recommend making each tablespoon heaping so you have plenty of this great sauce on top. Spread over top of loaf and bake in oven for about 45 – 50 minutes. Let cool a bit before slicing.