

# Lentil Apple Walnut Loaf

THIS HIGH-PROTEIN LOAF MAKES a nice main course for a vegetarian meal and a great sandwich stuffer as leftovers. Serve with Cranberry Applesauce (*page 241*) and sautéed greens (*pages 179–180*) for a complete meal.

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- 1 cup dried lentils
- 3 cups vegetable stock
- 1 thumb-size piece kombu
- 3 tablespoons ground golden flax seed
- 2 tablespoons extra virgin olive oil
- 1 yellow onion, diced
- 1 carrot, grated
- 1 stalk celery, minced
- 2 tablespoons mirin
- 1 apple, peeled, grated and mixed with 1 tablespoon lemon juice
- ¼ cup raisins
- ¾ cup toasted walnuts, chopped
- 1 teaspoon dried thyme
- 6–7 dashes umami plum vinegar
- Freshly ground black pepper
- Water
- ½ cup plus 1 tablespoon gluten-free bread or rice crumbs

## GLAZE

- 2 tablespoons ketchup
- 1 tablespoon balsamic vinegar
- 1 tablespoon maple syrup
- 1 tablespoon apple butter
- 1 teaspoon arrowroot

## PREPARING LENTILS

Rinse lentils, place in rice cooker or pot and add stock and kombu. Bring to boil then reduce heat and simmer covered until liquid is absorbed and lentils are tender. Remove from heat, discard kombu and set aside.

## PREPARING LOAF

Preheat oven to 350°F. Line loaf pan and baking sheet with parchment paper and set aside. Soak flax seed in ½ cup water and set aside.

In large skillet over medium heat, sauté onion, carrot and celery in olive oil for 2 minutes. Add mirin and sauté 3 minutes more or until soft. Add apple, raisins and walnuts and sauté another minute. Add thyme, vinegar and pepper to taste.

Add half the cooked lentils to vegetable mixture. Process remaining lentils with handheld blender or food processor until smooth, adding water 1 tablespoon at a time as needed (not to exceed ¼ cup extra water). Fold into lentil apple mixture along with soaking flax meal, then add bread crumbs and another ¼ cup water and mash all ingredients together so evenly distributed. Transfer to prepared loaf pan and press firmly to form. Flip onto prepared baking sheet, lift off loaf pan and press loaf with your hands to round edges and make sure loaf is pressed firmly together. Remove and discard parchment paper and set aside loaf.

## PREPARING GLAZE

In small saucepan over no heat, combine all glaze ingredients. Place over medium heat and stir continuously until thick (about 2–3 minutes). Spread evenly over loaf and bake, uncovered, 35 minutes. Remove from oven and let stand 5 minutes before serving.

SERVES 6