

LENTIL & RICE LOAF

Adapted from straightfood.com

This is the most delicious, easy to slice, dense lentil loaf. There is plenty of sage and poultry seasoning in it to give it that holiday flavour. There is no oil or nuts so it is super low in calories. So, happy, healthy holidays! Makes about ten ¾ inch slices.

Ingredients

* 1 ¾ cups of filtered water
* ½ cup dry brown lentils
* ½ cup dry brown rice
* 2 tsps. poultry seasoning
* 1 tsp. granulated onion
* 1 medium onion, chopped (about 2 cups)
* 10 cremini mushrooms, chopped (about 2 ½ cups)
* 1 large rib celery, chopped (about ½ a cup)
* 5 cloves of garlic, chopped
* ¾ cup rolled oats
* 1 small can tomato paste
* 1 ½ tsps. dried sage
* 1 tsp. dried thyme
* 1 tsp. dried rosemary

Method

1. Place the water, lentils, rice, poultry seasoning and granulated onion into a medium saucepan over high heat. When it begins to boil, reduce the heat to low, then cover and simmer for 45 minutes. Remove from heat and let stand for 10 minutes with the lid still on. (Prepare your remaining ingredients while the rice and lentils are cooking.)
2. Place a little water in a large frying pan over high heat20 m. Add onion, mushrooms and celery and cook while stirring for about 5 minutes. Add more water as needed. Then add garlic, sage, thyme and rosemary and cook for 2 more minutes. Remove from heat.
3. Preheat oven to 350°F. Line a loaf pan (9x5x3 Inches) with parchment paper or use silicon loaf pan.
4. Place the oats and tomato paste in a large bowl. When the cooked vegetables and rice and lentil mixture have cooled for at least 10 minutes, add them to the bowl, and stir until all the ingredients have been mixed thoroughly.

Important Note: If you have a food processor, now is the time to use it. If not, add the mixture to the loaf pan, press firmly and bake.

1. Place half of the mixture into a food processor. Pulse about three times then scrape down the sides. Pulse another three times until evenly blended but still somewhat chunky, then spoon into the loaf pan. Place the remaining half of the mixture into the food processor and pulse in the same way. Then add this portion to the loaf pan as well. Press mixture firmly and evenly into the pan.
2. Cover the pan with aluminum foil and cook for 40 minutes. Remove the foil, and cook for 20 minutes more, or until the top is browned and the edges look crispy. Remove from the oven and let cool for 10 minutes before slicing and serving.