

# Vegan Lentil Loaf and Asparagus

Swick

Makes 1 loafs | Active Time: 50 minutes | Total Time: 1 hour

## Chef's Notes

Nutrition: Calories 421; Fat 17g; Carbs 56g; Fiber 13g; Sugar 13g; Protein 14g; Cholesterol 0mg; Sodium 335m; Vitamin A 6377IU; Vitamin C 46mg; Calcium 95mg; Iron 6mg

## Step 1: Method

- 1 cup cooked Brown Lentils (190 grams)
  - 1/2 bunch Asparagus with ends trimmed
  - 1/4 Yellow Onion, diced
  - 1 Carrot, diced
  - 1 Celery stalk, diced
  - 1/2 Red Bell Pepper, diced
  - 1/2 Garlic, chopped
  - 1 tbsp Tomato Paste (14 grams)
  - 1 tbsp Bbq Sauce (14 grams)
  - 1 tbsp Ground Flax Seed (7 grams)
  - 1 1/2 tsp Parsley
  - 1/4 cup Oats (22.5 grams)
  - 1/4 cup Bread Crumbs (32 grams)
  - 2 2/3 tbsp Sugar-Free Ketchup (40 mL)
  - 2 tbsp Extra Virgin Olive Oil (30 mL)
  - 2 tbsp Balsamic Vinegar (30 mL)
  - 1 tsp sea salt
  - 1/2 tsp black pepper
1. Preheat oven to 350 F (175C).
  2. Cook lentils according to package directions.
  3. Line two baking sheets with parchment paper. Place the trimmed asparagus, drizzled with extra-virgin olive oil on one of the prepared sheets. Bake for 10-15 minutes.
  4. Meanwhile, in a large skillet over medium heat, sauté onion, carrots, celery and bell pepper. Add garlic to the skillet and let ingredients sauté for another minute.
  5. In a food processor, add together the lentils, cooked vegetables, tomato paste, bbq sauce, flax meal, parsley, salt, pepper, oats, and breadcrumbs. You may have to work in batches if your food processor is small. DO NOT puree, but blend into a chunky dough. You want some bits of veggies left for texture.
  6. Form the dough into a ball and place on the prepared cookie sheet. Use your hands to shape it into a loaf. Bake for 35 minutes. Remove from the oven and spread ketchup on top. Bake for another 10 minutes. Let the lentil loaf cool for at least 10 minutes, which allows it time to firm up before serving.