

**WALNUT LENTIL LOAF**

I have altered the method with this recipe from the book *Staying Alive! Cookbook for Cancer Free Living.* This loaf is absolutely delicious and was a big hit at Christmas. It would also serve well for Easter dinner and family Sunday dinners. Makes 6-10 servings

**Ingredients:**

* ¾ cup brown lentils
* 3 cups of water for boiling
* 2 Tbs. apple cider vinegar
* 1 Tbs. sesame or olive oil (or for oil free use a little water for ‘frying’)
* 1 cup finely minced onion
* 5 large garlic cloves, minced
* ½ cup walnuts, finely ground
* 1 tsp. sea salt
* 2 cups fresh spinach, finely sliced
* 1 tsp. Dijon mustard
* Fresh ground black pepper to taste
* ½ cup fine whole wheat bread crumbs

**Method:**

1. Rinse lentils and put in a small pot. Add water, bring to a boil, lower heat to medium low and simmer, covered for 30 minutes until the lentils are mushy and soft. Drain the lentils and transfer to a medium sized mixing bowl, add the vinegar and mash well.
2. While the lentils are cooking, prepare the onions, garlic, walnuts in a mini food processor and finely slice the spinach.
3. Heat the oil (or water) in a non-stick pan over medium heat. Sauté the onions for about five minutes until translucent. Add the garlic, nuts, spinach and seasonings and sauté for another 5-10 minutes until all the vegetables are tender. Preheat oven to 350.
4. Add the vegetable mixture to the mashed lentils and add the bread crumbs. Mix well and spoon into a lightly oiled loaf pan. Press down gently with a spatula.
5. Bake at 350 F for about 40 minutes. Let cool for 5-10 minutes before removing from the loaf pan. Turn out onto a serving plate.
6. Slice and serve with gravy.