

# Lentil Oat Loaf

By Ann Esselstyn

Prep time: 25 minutes • Cook time: 45 to 55 minutes • Makes 2 loaves; 8 servings

1½ cups red lentils

2½ cups water

1 large onion, chopped

One 8-ounce package mushrooms, chopped

4 garlic cloves, chopped

4 cups packed fresh spinach, chopped

One 15-ounce can diced tomatoes, with juices

1 teaspoon dried sage

1 teaspoon garlic powder

1 teaspoon Mrs. Dash Garlic & Herb seasoning blend, or similar spice blend

¼ teaspoon dried marjoram

½ cup chopped fresh cilantro or parsley, or as desired

2 cups old-fashioned rolled oats

1 to 1½ cups barbecue sauce or ketchup

Preheat the oven to 375°F.



In a saucepan, bring the lentils to a boil in the water. Decrease the heat to low, cover, and simmer until the lentils are tender and most of the water is absorbed, 8 to 10 minutes. In the same saucepan, mash the lentils with the back of a spoon or a potato masher; don't worry, red lentils cook quickly and mash easily.

In a nonstick pan, cook the onions over medium heat, stirring constantly to avoid burning, until soft and translucent. Add the mushrooms and garlic and continue to cook over medium heat until soft. Add water or vegetable broth, if necessary, to keep the vegetables from sticking. Add the spinach, cover, and continue to cook over medium heat until the spinach wilts, 4 or 5 minutes.

Add the lentils to the onion-mushroom-spinach mixture and stir to combine. Add the diced tomatoes, sage, garlic powder, Mrs. Dash seasoning, marjoram, and cilantro and stir. Add the oats and stir it all again.

In the bottom of two 9 × 5-inch loaf pans, spread half of the barbecue sauce or ketchup. Add the lentil-oat mixture to the loaf pans, then spread the remaining barbecue sauce or ketchup in a generous layer on the tops. Bake for 45 to 55 minutes until the barbecue glaze turns crispy on the edges. Let set for 10 to 15 minutes before cutting.

