



## Lentil Loaf

Lentils are an excellent source of fiber and protein with very little fat. This recipe is from Dr. Caldwell Esselstyn, Jr.'s book *Prevent and Reverse Heart Disease*. It is a perfect combination of plant-based protein, dark leafy greens and whole grains. It's delicious and nutrient-packed! Leftovers of this dish make a great sandwich!

### Ingredients

- 1 1/2 cups dry lentils, sorted and rinsed
- 2 1/2 cups water
- 2 medium onions, chopped (about 1 1/2 cups)
- 6 fresh mushrooms, chopped
- 2 cups packed fresh spinach, chopped
- 1 (15 oz.) can petite diced tomatoes
- 2 cups cooked brown rice
- 1 teaspoon EACH garlic powder and dried sage
- 1 teaspoon Mrs. Dash's garlic and herb seasoning blend
- 1/2 teaspoon marjoram
- 1 cup Simply Heinz Ketchup or BBQ sauce without high-fructose corn syrup

### Instructions

Preheat oven to 350 degrees. Cook lentils in 2 1/2 cups water until tender, then partially mash lentils in the cooking water. Set aside. Stir-fry onions and mushrooms in a small amount of broth or water in a large nonstick pan. Add spinach and cover for a few minutes while spinach wilts. Remove from heat. Add onions, mushrooms, spinach, tomatoes, rice, and seasonings to lentils. Mix thoroughly. Press into a 9x5 inch loaf pan OR 9x12 inch baking dish and spread ketchup or BBQ sauce on top. Use more or less sauce to cover mixture. Bake for 30-45 minutes, depending upon which pan is used. If using a 9x5 pan, let the loaf rest for 10-15 minutes before turning onto a platter and slicing.

