

# Lentil Walnut Apple Loaf

**Cooking Time:** 40 - 50 minutes

**Yields:** 1 large loaf or 4 mini loaves

**Prep Notes:** Great paired with my Cranberry sauce, applesauce sautéed greens and mashed/roasted potatoes.

**Category:** Main

**Source:** OhSheGlows.com

## The Ingredients

- 1 cup uncooked green lentils
- 1 cup walnuts, finely chopped and toasted
- 3 tablespoon ground flax + 1/2 cup water
- 3 garlic cloves, minced 1.5 cups diced sweet onion
- 1 cup diced celery
- 1 cup grated carrot
- 1/3 cup peeled and grated sweet apple (use a firm variety)
- 1/3 cup raisins
- 1/2 cup oat flour
- 3/4 cup breadcrumbs
- 2 teaspoon fresh thyme (or 3/4 tsp dried thyme)
- salt & pepper, to taste (I use about 3/4 teaspoon sea salt + more Herbamare)
- red pepper flakes, to taste



### **Balsamic Apple Glaze: (I use my Cranberry Sauce as the topping)**

- 1/4 cup ketchup
- 1 tablespoon pure maple syrup
- 2 tablespoon apple butter (or unsweetened applesauce in a pinch)
- 2 tablespoon balsamic vinegar

## Directions

1. Preheat oven to 325F. Rinse and strain lentils. Place lentils into pot along with 3 cups of water (or veg broth). Bring to a boil and season with salt. Reduce heat to medium/low and simmer, uncovered, for at least 40-45 minutes. Stir frequently & add touch of water if needed. The goal is to over-cook the lentils slightly. Mash lentils slightly with a spoon when ready.
2. Toast walnuts at 325F for about 8-10 minutes. Set aside. Increase oven temp to 350F.
3. Whisk ground flax with water in a small bowl and set aside.
4. Heat a teaspoon of olive oil in a skillet over medium heat. Sauté the garlic and onion for about 5 minutes. Season with salt. Now add in the diced celery, shredded carrot and apple, and raisins. Sauté for about 5 minutes more. Remove from heat.
5. In a large mixing bowl, mix all ingredients together. Adjust seasonings to taste.
6. Grease a loaf pan and line with parchment paper. Press mixture firmly into pan. Whisk glaze ingredients and then spread half on top of loaf. Reserve the rest for a dipping sauce.
7. Bake at 350F for 40-50 minutes, uncovered. Edges will be lightly brown. Cool in pan for at least 10 minutes before transferring to a cooling rack. I usually wait until loaf is cool before slicing.