



Lentil Loaf

Makes: 6 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	lentils, cooked	750 mL
1 tbsp	vegetable oil	15 mL
½	onion, finely diced	½
½	carrot, shredded	½
1 tsp	reduced-sodium soy sauce	5 mL
¾ cup	rolled oats, ground	175 mL
¾ cup	whole wheat breadcrumbs	175 mL
½ cup	cheddar cheese, grated	125 mL
½ cup	milk	125 mL
1	egg	1
¼ tsp	salt	1 mL
Optional:	pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Sauté onions in oil until soft.
3. Add carrots and continue to cook for 2 minutes.
4. Transfer mixture to a large bowl and add lentils, salt, pepper, soy sauce, oats, breadcrumbs, and cheese.
5. Mash ingredients. Mixture should stick together.
6. Add small amount of milk or one egg if mixture is too dry. Add extra breadcrumbs if mixture is too wet.
7. Line a rectangular baking pan (8 ½ X 4 inch) with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
8. Transfer mixture to pan. Bake for 45 minutes until top is golden and slightly crispy.

Nutrition Information

Serving 160 g

Calories 310

Fat 9 g

Saturated 3 g

+ Trans 0 g

Sodium 230 mg

Carbohydrates 41 g

Fibre 7 g

Sugars 5 g

Protein 18 g

Calcium 150 mg

Iron 5 mg

Food Guide Servings

1 Grain Product

1 Meat & Alternative

