



## From the Kitchen of Executive Chef Jessica VanRoo

### Savory Thanksgiving Lentil Loaf with Mushroom Gravy

Serves 8

*313 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

This delectable loaf is packed with fiber from the lentils, flaxseeds, oats and whole grain flour. High fiber foods make us feel full longer on smaller portions. Fiber also helps us digest food better and keeps our bowels working smoothly.

Adding carrots and red bell pepper not only flavors this savory loaf, they also provide more than 80% of the daily recommended amount of vitamin A, an important nutrient to keep our vision strong and healthy.

Total cost: \$9.77/ \$1.22 per serving

#### **Ingredients - Loaf (\$4.79)**

- 3 tablespoons flaxseed meal mixed with 5 tablespoons water (\$0.20)
- 2 tablespoons avocado oil (\$0.30)
- 1 tablespoon minced garlic, about 3 garlic cloves (\$0.15)
- 1 cup diced onion, about 1 onion (\$0.62)
- ¾ cup diced red bell pepper (about 1 small pepper) (\$0.75)
- ½ cup diced carrot, about 1 carrot (\$0.08)
- ½ cup diced celery (about 1 stalk) (\$0.10)
- 2 teaspoons Italian seasoning (\$0.24)
- 1 ½ teaspoon granulated garlic (\$0.24)
- 1 ½ teaspoon onion powder (\$0.24)
- ½ teaspoon smoked paprika (optional) (\$0.24)
- 1 cup dry lentils (green or brown) cooked in 2 ½ cups water or broth (or use 2 ½ cups cooked lentils) (\$1.15)
- ¾ cup rolled oats (\$0.36)
- ½ cup whole wheat flour, finely ground oats or any gluten-free flour (\$0.12)
- Cracked pepper and sea salt, to taste



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### Savory Thanksgiving Lentil Loaf with Mushroom Gravy

#### Ingredients - Mushroom Gravy (\$4.98)

- ½ cup avocado oil (\$1.20)
- ½ cup diced onion, about 1/2 onion (\$0.31)
- 1 teaspoon minced garlic, about 1 large clove (\$0.05)
- 4 ounces cremini/baby Bella mushrooms, finely chopped (1 cup) (\$1.75)
- ½ cup white whole wheat flour (\$0.12)
- 4 to 5 cups vegetable stock, preferably homemade, as needed (\$1.50)
- 1 teaspoon soy sauce or liquid coconut aminos, more to taste (\$0.05)
- Salt and pepper to taste

#### Instructions

1. Preheat oven to 350 degrees.
2. In a small bowl, combine flaxseed meal with water and set aside at least 10 minutes to thicken.
3. Line a 9-inch x 5-inch loaf pan with parchment paper, allowing the paper to hang over the edges.
4. Heat a pan over medium-high heat and coat with oil. When oil is hot, add the onion, bell pepper, carrot and celery, then cook until carrots are soft.
5. Add Italian seasoning, minced garlic, granulated garlic, onion powder and smoked paprika, then mix well to coat.
6. Blend ¾ cup of cooked lentils until smooth. Combine blended lentils with remaining lentils, oats, flour, sautéed vegetables, flaxseed mixture, then season with salt and pepper.
7. Press the loaf mix firmly into the pan.
8. Bake 45 minutes, remove from oven and cool at least 10 minutes before slicing.
9. To make gravy, heat a skillet over medium-high heat. When pan is hot, add oil and heat the oil for 20 seconds before adding remaining onion, garlic and mushrooms.
10. Cook until mushrooms and onions begin to brown.
11. Sprinkle flour over mushrooms and onions. Slowly add stock, whisking as needed to break up any bits of flour. (Pour liquid a bit at a time, stirring well after each addition.)
12. Season gravy with soy sauce, salt and pepper.
13. Arrange the slices of lentil loaf on a festive platter decorated with sprigs of greenery like parsley or cilantro.
14. Pour hot gravy over the loaf and serve.