

Misc.

Lentil, Roasted Pepper and Spinach Vegetable Loaf

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

2 large eggs

2 tablespoons olive oil

1 can (15 oz) lentils, rinsed

1 small red onion, finely chopped

2 cups (about 2 oz) baby spinach, chopped

1 jarred roasted red pepper, cut into 1/2-inch pieces

2 ounces feta cheese, crumbled

1 package (6 oz) falafel mix

Preheat oven to 375 degrees.

Line a rimmed baking sheet with foil.

In a large bowl, whisk together the eggs, oil and two tablespoons water. Add the lentils, red onion, spinach and roasted red pepper; mix to combine. Fold in the cheese.

Add the falafel mix and stir to combine. Transfer the mixture to the baking sheet and shape into a 9x3-1/2-inch loaf.

Bake until the internal temperature registers 150 degrees, about 30 to 35 minutes.

Let rest for 5 minutes before slicing.

Per Serving (excluding unknown items): 210 Calories; 9g Fat (35.8% calories from fat); 13g Protein; 22g Carbohydrate; 10g Dietary Fiber; 79mg Cholesterol; 133mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.