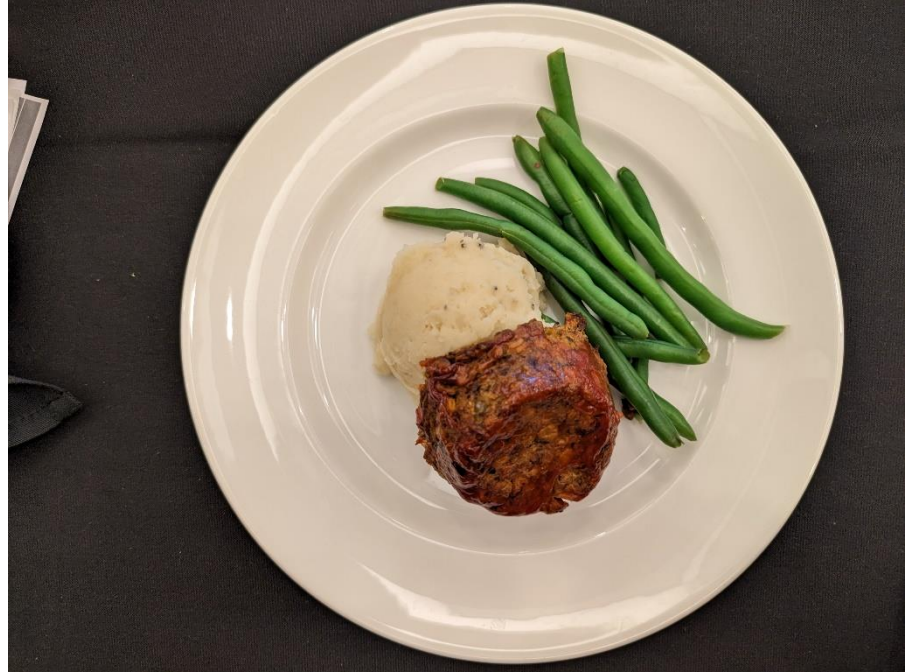


Lentil Meatloaf

Serves 8 people

Ingredients:

3 cups cooked lentils
2 cups gluten free oatmeal
1 yellow onion diced
2 celery stalks diced
1 yellow bell pepper diced
1 red bell pepper diced
2 cups diced mushrooms
¼ cup Ground Flax
¼ cup Dried Parsley
¼ cup Dried Oregano
¼ cup Dried Thyme
2 Tbsp Garlic powder
¼ cup Ketchup
2 Tbsp Tamari
2 Tbsp Dijon mustard
Salt and pepper to taste



Directions:

Pre Heat oven to 350 degrees, combine all dry ingredients into a mixing bowl and whisk together. Add remaining ingredients and mix together well. You don't want to completely mash the lentils but you do want to somewhat mushy consistency. If it seems a little dry add more ketchup. Either place the mixture into muffin tins or shape into a loaf, place more ketchup on top. Muffin tin takes 20 minutes to bake and a loaf will take 40 minutes. Let sit before serving.

This lentil meatloaf was inspired by a recipe from one of the 2023 Healthy for a Lifetime speakers, Shane Martin. His recipes are at: www.shaneandsimple.com

Mashed Potatoes

Serves 4-6 people

Ingredients:

1 pound peeled russet potatoes
1 cup oat milk
2 Tbsp garlic powder
Salt and pepper to taste

Directions:

Boil russet potatoes in salted water until soft. Mash with either a potato masher or hand mixer, add oat milk in gradually, season to taste. Add more oat milk if you would like a creamer texture, the potatoes can soak up a lot of the moisture.