

Featuring Tennessee Gourmet® Products

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**Veggie Loaf**

1 cup lentils	1/2 tsp. black pepper
1/8 cup balsamic vinegar	1/4 tsp. garlic powder
1/2 cup brown rice	1/4 cup shallots, finely diced
1 (14 ounce) can vegetable broth	1/3 cup roasted red peppers, diced*
1 tsp. salt, divided	1/3 cup Tennessee Gourmet® Apricot & Spice, divided
1/2 cup Panko crumbs	Cooking spray

Note: Dunbar produces wonderful roasted red peppers which are packed in olive oil and mild garlic, makes a great addition to the recipe plus they too are a TN based company!

Lentils: add balsamic vinegar and add water until lentils are covered. Allow to stand over night or for at least a few hours. Drain lentils, then add 3 cups of water, 1/2 tsp. salt and bring to a boil. Reduce heat, cover with lid tilted and continue to cook 20 to 30 minutes until soft. Drain and set aside allowing to completely cool.

Brown rice: add vegetable broth. Allow to stand over night or for at least a few hours. Combine the rice/broth, 1/2 tsp. salt, plus 1 cup of water and bring to a boil, turn down the heat to low and cover with a lid. Simmer for 40 to 50 minutes until soft. Likely most if not all of the liquid will be absorbed, if not drain excess. Set aside allowing to completely cool.

Pre-heat oven to 350° F.

Combine all the ingredients and half of the Apricot & Spice. Using a 9x5x2.5 loaf pan sprayed with cooking oil, add the veggie mixture and form a loaf. Cook for 20 minutes, then baste with the remaining Apricot & Spice and return to the oven for additional 10 minutes. Turn off the oven and allow to rest in the cooling oven for an additional 10 minutes. Place a plate on top of the loaf pan and invert, it should easily release from the pan.