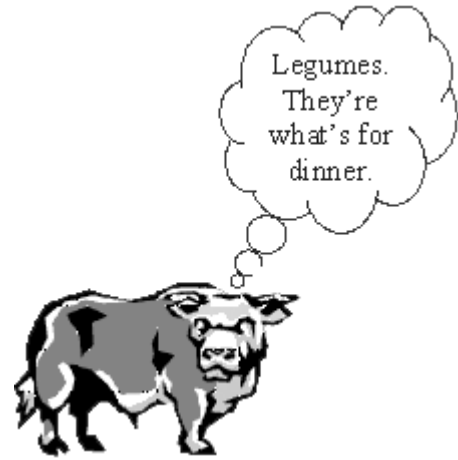


LENTIL LOAF

3	Tbsp	oil
1	small	onion, chopped fine
2	cloves	garlic
2+	cups	lentils (cooked* and drained)
½	cup	wheat germ
½	cup	bread crumbs
½	cup	sunflower seeds
¾	tsp	sage
½	tsp	salt
2		eggs
1	Tbsp	cider vinegar
½-¾	cup	vegetable stock
½	cup	ketchup



* Cook 1 cup dry lentils in 4 cups water for about 30 minutes.

Preheat oven to 350°.

Saute onion and garlic in oil until soft.

Mix ingredients and place in a large, greased loaf pan.

Bake covered with foil for 30-35 minutes.

Uncover and bake for 15-20 minutes more.

Knife will come out clean when done.