

## Healthy food for a healthy planet

*Several people asked for the recipe for the lentil wedge which Paul D made for the Harvest Lunch last year, so here it is.....*

### Lentil and cheese wedges

Red lentils 8oz (225g)  
Water  $\frac{3}{4}$  pint (450ml)  
Large Onion 1  
Butter or margarine 1oz (25g)  
Cheddar cheese, grated 4oz (100g)  
Mixed herbs 1tsp (5ml)  
Egg 1  
Wholemeal breadcrumbs 1oz (25g)  
Salt and pepper to taste



Cook the lentils in the measured water in a covered pan until they are soft and all the liquid has been absorbed (probably about 10-15 minutes).

Chop the onion and fry in the butter/margarine until transparent.

Combine all the ingredients together and press into an oiled 9inch (23cm) diameter cake tin.

Bake in the oven at 190C/180C fan/Mark 5 for 30 minutes.

Serve hot or cold, in wedges.

Served hot, it's good with little potatoes cooked in their skins and some green veggies. It's especially nice if you also have time to make some homemade tomato sauce (chop and fry an onion; add a tin of tomatoes with most of the liquid drained off, some dried basil, a splodge of tomato puree and a teaspoon of redcurrant jelly, and cook for about 5 minutes until quite thick and spoonable).

Served cold, it's good with salad and a dollop of Branston pickle.

Recipe from The Cranks Recipe Book (1985)

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