

Lentil Pizza Squares

¼ cup canola oil
¾ cup chopped onion
1 cup fresh mushrooms, sliced
1 garlic clove, minced
4 eggs
1 ½ cups red Lentil puree
1 ½ cups low-fat sour cream
7 ½ oz. can tomato sauce
¾ cup cornmeal
1 tsp. dry crumbled basil
1 tsp. dry crumbled oregano
½ tsp. salt
1 ½ cups low fat cheddar cheese, grated
1 ½ cups low fat mozzarella cheese, grated
½ cup pepperoni, sliced
½ cup ripe olives, sliced
½ cup sweet green pepper, diced

Pre-heat oven to 180C (350F). In a skillet, heat oil and add onion, mushrooms and garlic. Sauté until onion is translucent. Remove from heat and let cool. In a large mixing bowl, beat eggs. Blend in lentil puree, sour cream, tomato sauce, cornmeal, basil, oregano, salt, and mushroom mixture. Stir in cheeses. Turn into a 22 X 34 cm (9X13") baking dish sprayed with non-stick vegetable spray. Garnish with pepperoni, olives and pepper. Bake 40 – 45 minutes. Let stand 10 minutes before cutting into 12 squares.

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Recipe courtesy of the *Discover the Pulse Potential* cookbook.