



Baked Lentil Casserole

5 servings

Planning meals save you money and time. Remember to include healthy snacks in your meal plan and include them on your grocery list. Be flexible.

- 1 cup lentils* (rinsed)
- ¾ cup water
- ½ teaspoon salt (optional)
- ½ teaspoon black pepper (optional)
- ¼ teaspoon garlic powder (optional)
- 1 teaspoon chili powder (optional)
- ½ cup onion, scrubbed with clean vegetable brush under running water, chopped
- 1 (14 ounce) can "no salt added" diced tomatoes
- 2 carrots, scrubbed with clean vegetable brush under running water, shredded
- ½ cup Cheddar cheese, shredded
- 1. Wash hands with soap and water.
- 2. Preheat oven to 350 °F. Spray a 2-quart baking dish with non-stick cooking spray. Set aside.
- 3. In a medium bowl, combine lentils, water, seasonings, onion, tomatoes, and carrots.
- 4. Place lentil mixture in prepared baking dish. Cover tightly with oven-safe lid or foil.
- 5. Bake for 60 minutes.
- 6. Remove cover and top with cheese.
- 7. Bake uncovered 5 minutes or until cheese is melted.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/5 of recipe) Calories 220, Total Fat 4g, Saturated Fat 2g, Protein 13g, Total Carbohydrate 33g, Dietary Fiber 6g, Sodium 125mg.



This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.







^{*}Any type of lentils can be used in this recipe.