

Baked Lentils Casserole

Rating: ★★★★★

Makes: 5 servings

Ingredients

- 1 cup lentils (rinsed)
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper (optional)
- 1/2 cup onion (chopped)
- 1/4 teaspoon garlic powder (optional)
- 1 can tomatoes
- 2 carrot (thinly sliced)
- 1/2 cup cheddar cheese (shredded)

Directions

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

University of Wisconsin, Cooperative Extension Service, Let's Make Meatless Meals

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	3.5 g	5%
Protein	13 g	
Carbohydrates	32 g	11%
Dietary Fiber	14 g	56%
Saturated Fat	2.5 g	13%
Sodium	240 mg	10%