

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)
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ teaspoon salt (optional)
- $\frac{1}{4}$ teaspoon black pepper (optional)
- $\frac{1}{4}$ teaspoon garlic powder (optional)
- 1 teaspoon chili powder (optional)
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ 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.

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

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.