

Baked Lentils Casserole

Baked lentils, vegetables, and cheese make a hearty dinner in one dish.

Makes: 5 servings

Ingredients

- 1 cup lentils, rinsed
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper (optional)
- $\frac{1}{4}$ teaspoon garlic powder (optional)
- $\frac{1}{2}$ cup medium onion, chopped
- 1 can low-sodium tomatoes (14.5 ounces)
- 2 medium carrots, thinly sliced
- $\frac{1}{2}$ cup shredded cheddar cheese



Directions

1. Preheat oven to 350°F.
2. Combine lentils, water, seasonings, onion, and tomatoes.
3. Place in 2 quart casserole dish and cover tightly with lid or foil.
4. Bake 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.

Recipe from: *Let's Make Meatless Meals*, University of Wisconsin Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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