

Baked Lentils Casserole

Yield 5 servings

Ingredients

1 cup	lentils (rinsed)
3/4 cups	water
1/2 teaspoon	salt
1/4 teaspoon	pepper (optional)
1/2 cup	onion (chopped)
1/4 teaspoon	garlic powder (optional)
1 can	tomatoes (16 ounces)
2	carrot (thinly sliced)
1/2 cup	cheddar cheese (shredded)

Instructions

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.

Cost

Per recipe: \$2.93

Per serving: \$0.58

Source

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

Nutrition Facts	
Serving Size 1/5 of recipe (216g)	
Servings Per Container 5	
Amount Per Serving	
Calories 210	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 32g	11%
Dietary Fiber 14g	56%
Sugars 5g	
Protein 13g	
Vitamin A 90%	• Vitamin C 20%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	