

Baked Lentils Casserole

Makes: 5 servings

Baked lentils, vegetables, and cheese make a complete vegetarian dinner

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.

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	4 g
Saturated Fat	3 g
Cholesterol	10 mg
Sodium	240 mg
Total Carbohydrate	32 g
Dietary Fiber	14 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

7. Remove cover and sprinkle cheese on top.

8. Bake, uncovered 5 minutes, until cheese melts.

Notes

Learn more about:

- [Onions](#)
- [Tomatoes](#)
- [Carrots](#)

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