

# Baked Lentils Casserole

May 2024 Recipe

Makes: 5 servings



## Ingredients

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

## Nutritional information for 1 serving

Calories	201
Total fat	4 g
Saturated fat	2 g
Cholesterol	12 mg
Sodium	332 mg
Carbohydrate	29 g
Dietary fiber	10 g
Total sugars	6 g
Added sugars included	0 g
Protein	14 g

## 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 F for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove the cover and sprinkle cheese on top.
8. Bake, uncovered, for 5 minutes until cheese melts.