



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Baked Lentils Casserole***

#### **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.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

Serves 5

*210 calories, 4 g fat, 3 g saturated fat,  
32 g carbohydrate, 14 g fiber, 13 g  
protein, 240 mg sodium*

*Source: USDA Mixing Bowl*

