Baked Lentils with Cheese

Ingredients:
1 onion
4 carrots
1 cup lentils
2 cups water
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
15 ounces low sodium tomatoes, canned
1 green pepper
2 cups shredded reduced fat Cheddar cheese

Directions
1. Preheat oven to 350ºF. Spray a baking dish with non stick cooking spray.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to the baking dish.
3. Wash the carrot and place on the cutting board, cut into thin slices. Add to the baking dish.
4. Add lentils, water, pepper, onion, garlic, carrots, celery and tomatoes in a baking dish.
5. Cover tightly and bake at 375ºF for one hour and 15 minutes.
6. While lentils are baking, cut up green pepper by cutting it in half lengthwise, and breaking out the top and seeds. Peel off any white membranes remaining. Place flat side on cutting board and cut slices across pepper, then chop slices into small pieces. Set aside.
7. Use a grater to shred cheese into small pieces.
8. When baking is done, stir green pepper into the casserole. Top with cheese. Return the dish to the oven and bake uncovered for 5 minutes, until cheese melts.

Nutrition Facts
Serving Size: 1 cup
Serving: 10
Amount Per Serving
Calories 123
Calories from Fat 18
Total Fat 2g
Saturated Fat 1g
Cholesterol 5mg
Sodium 15mg
Total Carbohydrate 18g
Dietary Fiber 8g
Protein 12g

Percent Daily Values are based on a 2,000 calorie diet.

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Equipment:
Baking dish
Measuring Cups
Measuring Spoons
Cutting board
Knife
Cheese Grater

Number of Servings: 10
Prep Time: 10 minutes
Total Time: 1 1/2 hours