

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

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

Directions

1. Preheat oven to 350°F. 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 375°F 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.

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Nutrition Facts

Serving Size: 1 cup

Servings: 10

Amount Per Serving

Calories 132 Calories from Fat 18

%Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Cholesterol 5mg 2%

Sodium 157mg 7%

Total Carbohydrate 18g 6%

Dietary Fiber 8g 30%

Protein 12g 24%

Vitamin A 171% Vitamin C 35%

Iron 13% Calcium 13%

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

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