Baked Lentil Casserole

Baked lentils, vegetables, and cheese make a complete vegetarian dinner in one dish.

Makes: 5 servings

Prep Time: 10 minutes
Cook Time: 65 minutes

Source: Baked Lentils Casserole | MyPlate

Ingredients

- 1 cup lentils (rinsed)
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper (optional)
- 1/2 cup onion (chopped)
- 1/4 teaspoon garlic powder
- 1 can tomatoes
- 2 carrots (thinly sliced)
- 1/2 cup cheddar cheese (shredded)

Directions

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in a 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.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1/5 of recipe

Nutrients	Amount
Calories:	200
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	12 mg
Sodium:	418 mg
Total Carbohydrates:	29 g
Dietary Fiber:	11 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	14 g

Utensils Needed

- Cutting board
- Knife
- Casserole dish
- Measuring cups
- Measuring spoons
- Stirring spoon
- Casserole lid or aluminum foil

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Average total cost without oil and seasonings: $ 6.16
Average cost/serving: $1.23
Recipe Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- Add 1 to cart
  Shredded cheddar

- Add 1 to cart
  Onion

- Add 1 to cart
  Lentils

- Add 1 to cart
  Carrots

- Add 1 to cart
  Canned tomatoes (no salt added)

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My Cooking Notes

Shopping Notes

- Dry lentils are affordable and keep well when stored in an airtight container in the pantry.
- Try using leftover dry lentils for other SNAPed recipes such as Lentil Burgers, Barley Lentil Soup, or Lentil Minestrone

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