

Baked lentils casserole



Recipe credit

University of Wisconsin, Cooperative Extension Service, Let's Make Meatless Meals

About this recipe

Serves

5

Serving size

1/5 of recipe

Special criteria

[Vegetarian recipes](#)

Ingredients

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

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.

Nutritional info

Calories

200

Total fat

4 g

Saturated fat

2 g

Cholesterol

12 mg

Sodium

418 mg

Total carbohydrates

29 g

Dietary fiber

11 g

Protein

14 g

Total sugar

6 g

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