

Oven-Baked Lentils & Rice

Hands-on - 10 min. Oven/Exercise - 90 min. **Serves 6**

Yes, this recipe makes a huge batch. You're going to enjoy it so much that you'll be glad you made the extra for lunch "planned overs." It keeps in the refrigerator for 5 days and freezes well, too. Serve with steamed vegetables, salad and fruit.

Menu

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Steamed Vegetables

Tossed Salad

Mandarin Oranges

Preheat oven to 350°.

2 small onions
2 cans (14½ oz each) chicken broth,
 1/3 less sodium
1¾ cups water
1/2 cup white wine
1½ cups dry lentils, rinsed and picked
 over for stones
1 cup dry brown rice (not quick-cooking)
1 small jar (2 oz) chopped pimentos
1 tsp dried basil
1 tsp dried oregano
1/2 tsp dried thyme
1/4 tsp garlic powder
15 grinds fresh ground pepper

Chop onions. Mix ingredients together in a large baking dish. Set timer for 90 minutes and bake uncovered.

*Meanwhile... how about 9 holes of golf?
 Remember, you don't need a cart!*



1½ cups reduced-fat shredded
 mozzarella or Swiss cheese†

After 90 minutes of baking, sprinkle over top and bake until cheese melts. Use this time to steam vegetables, make a salad and set table.



†See reduced-fat cheese tip on page xi (introduction).

Nutrition information for 1¼ cup serving

Calories	360	Fat	3.5 g	Fiber	8 g	Sodium	595 mg	Total Carbohydrate	53 g
Calories from Fat	9%	Saturated Fat	1.2 g	Cholesterol	8 mg	Protein	26 g	Sugars	3 g