

Lentils and Rice Casserole

1¾ cup raw brown lentils
½ cup brown rice, uncooked
1 small onion, chopped
1 tsp garlic powder
½ tsp dried basil
½ tsp dried oregano
½ tsp dried thyme
3 cups water or vegetable broth
2 tbsp olive oil
½ cup grated 2% cheddar cheese

Serves 6

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org

1. Preheat oven to 300° F.
2. Mix first 9 ingredients. Put in approx. 3-quart casserole dish and cover. Bake for 1½ hours.
3. Sprinkle cheddar cheese on top. Leave uncovered. Bake for 15 min.

Nutrient Value (per 1 cup serving)

Calories: 314
Carbohydrate: 48 g
Protein: 17 g
Saturated Fat: 2 g
Fiber: 11 g