

Kelly's Herbed Lentils and Rice Casserole

Serves 4



Ingredients:

- 2²/₃ cups chicken broth
- 3/4 cup lentils (sorted and rinsed)
- 3/4 cup onion (chopped)
- 1/2 cup brown rice (raw)
- 1/4 cup water
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 cup mozzarella cheese, part-skim (divided)

Directions:

1. In a 2¹/₂ quart casserole dish add the chicken broth, lentils, onions, brown rice, water, spices and 1/4 cup mozzarella cheese.
2. Cover and bake at 350° for 2 hours, adding more broth if casserole seems dry.
3. Top with remaining cheese and bake another 2 or 3 minutes until all the cheese is melted.

NOTE: Long grain rice can be used.

Nutrition Facts	
Serving Size 1/4 of recipe	
Servings Per Container 4	
Amount Per Serving 1 cup	
Calories 267	Calories from Fat 120
% Daily Value *	
Total Fat 4g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 8mg	
Sodium 673mg	
Total Carbohydrate 42g	
Dietary Fiber 10g	
Sugars 3g	
Protein 16g	
Vitamin A 23mcg RAE	Vitamin C 15mg
Folate 195 mcg DFE	Niacin 3mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 · Protein 4

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