

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

Oven-Baked Lentils & Rice
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 |

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