

# 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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