

# 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 15 minutes longer to melt. 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