

Oven-Baked Lentils

This takes 5 minutes to put together, and then relax for 2 hours while it bakes.

3 C chicken broth
¾ C uncooked lentils
½ C uncooked brown rice
¾ C chopped onion
¼ C white wine
1 tsp basil
¼ tsp thyme
¼ tsp garlic powder
1/8th tsp black pepper

Calories 135

Serving size ¾ cup

Servings/recipe 8

Preheat oven to 350 degrees. Spray a 2.5 quart casserole with food oil spray. Combine all ingredients. Cover and bake for 2 hours, or until lentils are tender. Add more liquid if mixture becomes dry.