

Really Good Lentil Rice Casserole

Makes 5 servings

Ingredients:

$\frac{3}{4}$ cup dried lentils
 $\frac{3}{4}$ cup chopped onion
 $\frac{1}{2}$ cup uncooked brown rice
3 $\frac{1}{4}$ cup water (or broth)
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon each oregano, thyme, salt
 $\frac{1}{8}$ teaspoon black pepper
 $\frac{1}{8}$ teaspoon garlic powder (or 1 clove garlic, minced)
1-1 $\frac{1}{2}$ cups shredded low-fat cheddar cheese

Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients except cheese.
3. Add half of cheese ($\frac{1}{2}$ - $\frac{3}{4}$ cup) and stir.
4. Turn into a greased casserole dish.
5. Bake covered for 1 $\frac{1}{2}$ hours.
6. Sprinkle with remaining cheese on top and return to oven until cheese is melted.

Nutrient analysis per serving: Calories 230, Protein 16 grams, Carbohydrates 36 grams, Fat 3 grams, Sodium 370 milligrams, Fiber 9 grams



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Quick Lentil & Greens Soup

Makes 4 servings

Ingredients:

½ cup dried lentils, washed
6 cups water
1/8 teaspoon salt
1 large tomato, chopped
1 bunch greens, such as Swiss chard or spinach, chopped
1 tablespoon olive oil
4 slices whole-wheat bread, toasted
lemon juice

Directions:

1. Put lentils in large soup pot. Add water and simmer on medium heat 30 minutes or until lentils are tender.
2. Add tomato, greens, olive oil and salt to lentils. Simmer for an additional 10 minutes.
3. Place a slice of toasted bread in the bottom of 4 soup bowl. Ladle soup over bread, top with several drops of lemon juice.

Nutrient Analysis per serving: Calories 190, Protein 9 grams, Carbohydrate 31 grams, Fat 5 grams, Sodium 310 milligrams, Fiber 6 grams



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Slow-Cooker Split Pea Soup

Makes 6 servings

Ingredients:

1 pound dried green split peas
1 small onion, chopped
2 medium carrots, peeled and diced
2 celery stalks, diced
2 tablespoons olive oil
2 bay leaves
1 teaspoon salt
black pepper
6 cups water

Croutons (optional):

4 slices whole wheat bread, cut into bite-sized squares
2 tablespoons olive oil
4 ounces cheese, such as cheddar or mozzarella, cut into thin slices

Directions:

1. Place split peas in an even layer in the insert of a slow cooker. Add onion, carrot, celery, oil, bay leaves, salt, and season with pepper. Add water, cover and cook until the peas are soft, 5 to 6 hours on high or 8 to 10 hours on low.
2. Stir the soup to incorporate the peas and broth, taste, and season with salt and pepper as needed.
3. For optional croutons, heat the oven to broil. In a medium bowl, toss the bread with olive oil. Transfer to a baking sheet and spread into an even layer. Place the cheese on about half of the pieces. Broil bread until cheese is melted. Then, sandwich pieces together and broil until golden brown. Serve hot with the soup.

Nutrient analysis per serving: Calories 280, Protein 16 grams, Carbohydrates 43 grams, Fat 5 grams, Sodium 430 milligrams, Fiber 17 grams



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New England Baked Beans

Makes 12 servings

Ingredients:

2 cups dried navy beans
2 cups water
¼ pound ham
½ cup chopped celery
½ cup chopped onion
1 teaspoon salt
2 tablespoons molasses
2 tablespoons brown sugar
¼ cup ketchup
½ teaspoon dry mustard
½ teaspoon black pepper

Directions:

1. Rinse beans and remove any damaged beans.
2. Place beans in 6 cups of water and soak overnight (or use quick soaking method*).
3. Drain beans and rinse.
4. Combine all ingredients in large casserole dish. Cover and bake in 300°F oven for 2 hours, adding more water if needed.
5. Uncover beans and bake until liquid is absorbed, about 30 minutes.

**Quick soaking method:* Bring water to a boil and let beans simmer for 2-3 minutes. Remove from heat and let soak for at least 1 hour.

Nutrient analysis per serving: Calories 150, Protein 8 grams, Carbohydrates 28 grams, Fat 0.5 grams, Sodium 390 milligrams, Fiber 9 grams



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