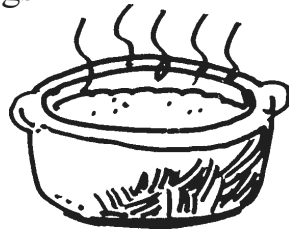


**Wisconsin  
Nutrition  
Education  
Program****Baked Lentils Casserole**

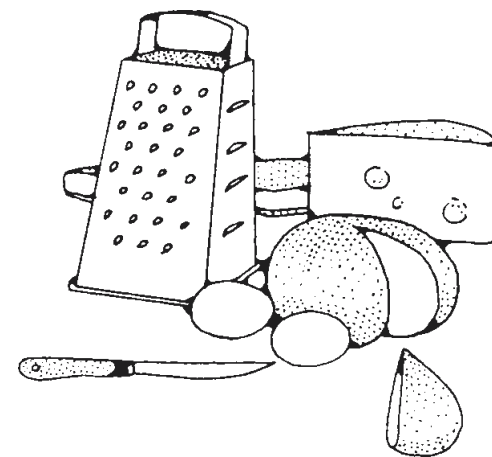
Makes 5 servings

- 1 cup lentils, rinsed
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper (optional)
- 1/2 cup chopped onion
- 1/4 teaspoon garlic powder (optional)
- 1 can (16 ounces) tomatoes
- 2 carrots, sliced thinly
- 1/2 cup (2 ounces) Cheddar cheese, shredded



Combine lentils, water, seasonings, onion and tomatoes. Place in 2 quart casserole dish. Cover tightly with lid or foil. Bake at 350° for 30 minutes. Remove from oven and add carrots. Stir. Cover and bake 30 minutes longer. Remove cover and sprinkle cheese on top. Bake, uncovered 5 minutes, until cheese melts.

One serving has 215 calories and 4 grams of fat.

**Let's Make  
Meatless Meals**

**My family thinks they need to have meat for meals but it is so expensive.**



## **Are meals without meat good for us?**

Yes! Meals without meat can be just as healthy as meals with meat. Meatless meals can be low in fat and high in fiber. Meatless meals can also be less expensive than meals with meat.

## **What could I serve instead of meat?**

There are many non-meat foods that can replace meat at meals. They include:



- dried beans and peas
- lowfat cottage cheese
- cheese
- eggs
- peanut butter
- tofu



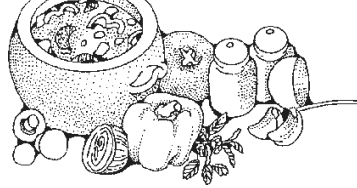
BEAN SOUP



EGG SALAD

## **Minestrone Soup**

Makes 6 servings

- 
- 1 cup onion, chopped
  - 3 Tablespoons oil
  - 4 cups any vegetables, chopped or sliced; such as carrots, celery, zucchini, green beans, peas
  - 2 cups tomato, fresh or canned (1-16 ounce can)
  - 1 teaspoon salt
  - 1 teaspoon garlic powder
  - 1/4 teaspoon black pepper
  - 3-1/2 cups water
  - 1-1/2 cups garbanzo beans (chickpeas), cooked (1-16 ounce can)
  - 1/2 cup dry macaroni or other noodles
  - 3/4 cup Parmesan or other grated cheese

In a large pot, cook onions in oil until they are soft. Add vegetables and seasonings, water and garbanzo beans. Cover and simmer 15-20 minutes. Heat the soup to a boil. Add noodles and boil gently until tender. Top with grated cheese and serve immediately.

One serving has 239 calories and 11 grams of fat.