

Honey Baked Lentils

Makes: 7 servings

Ingredients

1 pound lentils (uncooked, 2 1/3 cups)

1 bay leaf (small, optional)

5 cups water

1/2 cup onion (chopped)

1 cup water

1/2 pound ground beef (15% fat)

1/3 cup honey

Directions

1. Combine rinsed lentils, bay leaf, and 5 cups water in a large saucepan. Bring to a boil. Cover tightly and reduce heat. Simmer 30 minutes. Do not drain. After cooking, discard bay leaf.

2. Chop onion. Combine onions, and 1 cup water. Add to lentils and mix.

3. Brown ground beef (if using). Drain and discard fat. Add the meat to the lentil mixture and mix.

4. Pour honey over lentil mixture. Cover tightly and bake it for one hour at 350 degrees.

Notes

Nutrition Information

Nutrients	Amount
Calories	321
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	21 mg
Sodium	31 mg
Total Carbohydrate	51 g
Dietary Fiber	15 g
Total Sugars	17 g
Added Sugars included	13 g
Protein	22 g
Vitamin D	0 IU
Calcium	47 mg
Iron	7 mg
Potassium	774 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 1/4 cups
 Protein Foods	1 ounce

Replace 1 cup water with 2 Tablespoons sugar, 1 teaspoon oregano, and 2 cups tomato sauce. Omit the ground beef for a meatless meal that is lower in calories and fat.

Source: Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program