

Wild Rice/Lentil Casserole

– Heather Ayres

2 ³/₄ c chicken stock (low salt)

³/₄ c brown lentils

1 onion, chopped

1 c mushrooms, sliced

1 red pepper, chopped (optional)

¹/₂ c wild rice

1 t each: dried basil and oregano

¹/₈ t each: dried thyme and garlic powder

¹/₄ t pepper (freshly ground)

1 c grated mozzarella cheese

1. Combine all ingredients, except half of the mozza, in an ungreased casserole dish. Cover and bake 1.5-2 hours at 350°F. The liquid should be almost gone.
2. Uncover. Top with remaining mozza. Bake another 5 minutes, until cheese is melted.

Yield: 4 portions