

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