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BARBECUE BAKED LENTILS

Intermediate Lifestyle

Ingredients

3 cups water
2 cups dried brown lentils
½ TSP Morton's Lite salt
1 cup diced onion
2/3 cup ketchup (preferably lower-sodium)
1/3 cup sugar-free maple syrup
1/4 cup prepared mustard
½ TSP ground ginger
½ TSP vanilla extract
1/4 TSP ground allspice
1/4 TSP black pepper

Instructions

1. Preheat oven to 350°.
2. Combine water, lentils and 1/4 TSP Morton's Salt in a large saucepan. Bring to a boil, cover, reduce heat to medium-low, and simmer 20 minutes. Drain lentils in a colander over a bowl, reserving 1 cup cooking liquid.
3. Combine lentils and diced onion in an 11 x 7-inch baking dish.
4. Combine 1/4 TSP salt, reserved cooking liquid, ketchup and the remaining ingredients. Pour the ketchup mixture over the lentil mixture, stirring to combine.
5. Bake at 350° for 1 hour.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 cup = 1 P