

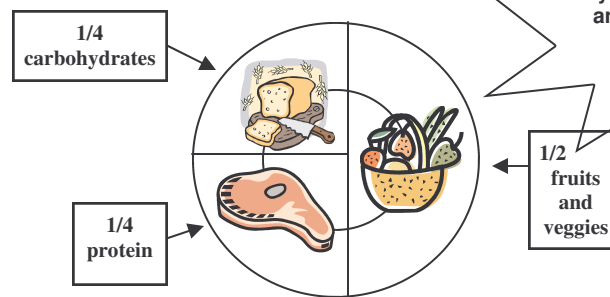
Grab 'n' Go Dinner for Tonight

Tamale Lentil Casserole - Serves: 8/1 Cup each

Ingredients	Aisle #
Lentil Mixture	
1 Tablespoon vegetable oil	Aisle 5
1 onion, chopped	Produce
1 small green bell pepper, chopped	Produce
2 cloves garlic, finely chopped	Produce
3 cups water	
1 ¼ cups dried lentils (10 ounces), sorted and rinsed	Aisle 2
1 can (8 ounces) tomato sauce	Aisle 3
1 can (15 ounces) diced tomatoes, un drained	Aisle 3
1 package (1.25 ounces) taco seasoning mix	Aisle 2
Cornbread Topping	
1 package (8.5 ounces) cornbread muffin mix	Aisle 5
1 can (8.5 ounces) cream-style corn	Aisle 3
½ cup shredded cheddar cheese (2 ounces)	Dairy
¼ cup milk	Dairy
1 large egg	Dairy
<ol style="list-style-type: none"> Heat oven to 400 degrees. Grease 13 X 9 pan with vegetable spray. Heat oil in fry pan over medium-high heat. Cook onion, bell pepper and garlic in oil, stirring frequently, until vegetables are tender. In large sauce an, pour in water lentils, tomato sauce, diced tomatoes, and seasoning mix; reduce heat to low. Partially cover and simmer 35-40 minutes or until lentils are tender. Add cooked vegetables to lentil mixture. Spread lentil-vegetable mixture into 13 X 9 Prepare cornbread topping: mix all cornbread ingredients together until moistened. Spread cornbread topping evenly over lentil mixture. Bake uncovered 15 to 20 minutes until topping is golden brown. 	

Tamale Lentil Casserole	
Amount Per Serving	
Calories 406	Calories from fat 83
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Cholesterol 35mg	12%
Sodium 1129mg	47 %
Total Carbohydrate 67g	22%
Dietary Fiber 18g	72%
Sugars 11g	
Protein 18g	
Vitamin A 40%	Vitamin C 53%
Calcium 17%	Iron 37%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

A Healthy Plate Includes carbohydrates, protein, fruits and vegeta-



**Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.16**

To find the Grab 'n' Go dinner recipe ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.