HERB CASSEROLE

Tip: substitute any of the ingredients in this recipe for your favourite ingredients. You can't go wrong. For example, use whole grain cereal instead of bread crumbs. Use canned tuna instead of lentils. In fact, this recipe works well with any leftover ingredients you may have sitting in your pantry or in the fridge.

Ingredients:
1½ cups lentils, canned
1½ cups frozen spinach (or 2 cups fresh)
1½ cups uncooked pasta (fusili or rigatoni)
1 cup cabbage, shredded
1 cup fresh basil, chopped
½ cup bread crumbs
2½ cups tomato sauce
1 cup red pepper, diced
1 cup carrots, diced
4 Tbsp olive oil
½ cup 2% skim milk
Spices (optional)

Instructions:

- Preheat the oven to 350 F.
- Grease a glass casserole dish with olive oil. Spread a layer of uncooked pasta first.
- Top off with spinach and lentils.
- Spread the tomato sauce on top.
- Next, spread a thin layer of carrots, red pepper and shredded cabbage.
- Finish with a layer of chopped basil.
- Pour the milk on top and sprinkle with bread crumbs.
- Bake in the oven for about 45 minutes to 1 hour.

Serves 8

Good to know

Try to shake off the salt habit. Try using lime juice, flavoured vinegars, fresh garlic and onion, spices and herbs instead of salt. The recommended intake of salt is a little less than 1 tsp a day. How much salt did you have today?