

VEGETARIAN CHILI PIE



Crust:

2 cups (500 mL) cooked brown rice
1 cup (250 mL) grated low fat cheddar cheese
1 egg, beaten

Filling:

1 cup (250 mL) chopped onion
1 garlic clove, minced
2 tbsp (30 mL) canola oil
1 cup (250 mL) dry **green lentils***, rinsed and drained
1 - 19 oz (540 mL) can tomatoes, chopped
1 ¼ cup (325 mL) cooked **red kidney beans*** or 1 - 14 fl oz (398 mL) can, rinsed and drained
1 ½ tsp (7 mL) chili powder
1 tsp (5 mL) seasoning salt
1 cup (250 mL) grated low fat cheddar cheese

COVER lentils with water in a large saucepan. Bring to a boil and reduce heat. Cover and simmer until the pulses are tender, approximately 20 minutes. Drain water.

PREHEAT oven to 375°F. Grease a 9 inch pie plate.

COMBINE rice, cheese and egg. Mix well and press into bottom and sides of pie plate.

BAKE for 10 minutes or until firm. Remove from oven and reduce oven temperature to 350°F.

HEAT oil in a skillet and sauté onion and garlic until onions are translucent. Add lentils, tomatoes, beans, chili powder and salt.

SIMMER covered over low heat for 30 minutes or until all liquid has evaporated.

SPOON filling into pie crust. Bake for 20 minutes. Sprinkle with cheese and bake until cheese is melted (about 5 minutes).

REMOVE from oven and allow to stand for 5 minutes.

Makes: 8 servings

Nutritional Information (per serving): 372 calories; 12 g fat; 21 g protein; 47 g carbohydrate; 9 g fibre; 25 mg cholesterol; 262 mg sodium.



