BAKED CURRIED BROWN RICE AND LENTILS  
Ingredients  
• 1 tablespoon butter  
• 1 cup brown basmati or brown jasmine rice  
• 4 1/4 cups water  
• 1 cup brown lentils  
• 4 cloves garlic, peeled  
• 1 cinnamon stick  
• 4 1/8-inch-thick slices peeled fresh ginger  
• 1-2 teaspoons red curry paste, (see Note) or 1 tablespoon curry powder  
• 1/2 teaspoon salt  
• 4 scallions, trimmed and sliced  
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Preparation  
1. Place rack in lower third of oven; preheat to 350&amp;ordm;F.  
2. Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1 1/2 minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.  
3. Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.  
Tips & Notes  
• Note: Red curry paste is a blend of chile peppers, garlic, lemongrass and galangal (a root with a flavor similar to ginger). Look for it in jars or cans in the Asian section of the supermarket or specialty stores.  
Nutrition  
Per serving: 348 calories; 5 g fat ( 2 g sat , 1 g mono ); 8 mg cholesterol; 62 g carbohydrates; 0 g added sugars; 16 g protein; 13 g fiber; 327 mg sodium; 578 mg potassium.