

Classic Crunchy Lentil Tacos

Yield: 6 servings

Ingredients

1 tablespoon olive oil
 1 cup onion, diced
 1 cup green lentils
 1 teaspoon chili powder
 ½ teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 1 teaspoon paprika
 ½ teaspoon salt
 ¼ teaspoon ground black pepper
 ¼ teaspoon red pepper flakes
 2 cups low-sodium vegetable broth
 12 corn tortillas
 1 avocado, thinly sliced
 2 cups tomato, chopped
 ¾ cup cilantro, chopped
 2 limes, cut into wedges

Instructions

1. Heat the olive oil in a large saucepan over medium heat. Stir in the onion and cook for about 5 minutes.
2. Add the lentils and spices: chili powder, garlic powder, onion powder, cumin, oregano, paprika, salt, pepper and red pepper flakes. Cook and stir for 1 minute.
3. Add the vegetable broth to the pot and bring to a boil. Reduce the heat to low, cover the pan and simmer until the green lentils are soft, about 20 to 25 minutes.
4. Mash the green lentils slightly so there is a mixture of soft and chunky textures.
5. If you like your corn tortillas crunchy, toast them in the oven at 400 degrees. Be careful to watch the corn tortillas when toasting, as they burn easily!
6. To serve, place lentil mixture on a corn tortilla, then top with avocado, tomato and cilantro and serve with a lime wedge.

Nutrition Information

Serving Size: 2 tacos

Calories: 309
 Total Fat: 8.1 g
 Saturated Fat: 1.1 g
 Monounsaturated Fat: 4.3 g
 Sodium: 253.9 mg
 Total Carbohydrate: 50.6 g
 Dietary Fiber: 14.6 g
 Sugars: 4 g
 Protein: 11.7 g

Source: Lighter.



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