



EATING SMART
BEING ACTIVE

Lentil Tacos

Makes: 6 servings (2 tacos per serving)

Preparation Time: 8 minutes

Cooking Time: 30 minutes

Ingredients

Nonstick cooking spray

1 tablespoon vegetable oil

1 onion, diced

1 cup dried lentils

¼ teaspoon garlic powder

2 tablespoons taco seasoning

2 cups water

1 (8 ounce) can tomato sauce

12 (6 inch) corn tortillas

1 cup salsa

4 ounces (1 cup) shredded cheese

2 cups shredded lettuce

Directions

1. Wash hands with soap and water.
2. Wash the lettuce under cold running water.
3. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
4. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
5. Heat the oil in the skillet over medium high heat.
6. Add the onion, and cook for 4 to 6 minutes until it becomes soft. Stir while cooking.
7. Add the lentils, garlic powder, and taco seasoning, and stir to mix.
8. Add the water and tomato sauce, and stir to mix.
9. Bring to a boil, then reduce heat to medium low. Cover. Cook for about 20 minutes or until tender.
10. Uncover, and cook for 5 more minutes until the mixture thickens. (Optional: Mash the lentils somewhat with the back of a fork.)
11. Add ¼ cup of the lentil mixture, salsa, cheese, and lettuce to each tortilla.
12. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Serve as lentil tostadas or with tortilla chips as a party dip.

Nutrition Facts	
6 servings per container	
Serving size	2 Tacos (340g)
Amount Per Serving	
Calories	360
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 660mg	37%
Total Carbohydrate 54g	20%
Dietary Fiber 6g	32%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 219mg	15%
Iron 4mg	20%
Potassium 680mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

