



A Nutrition Resource

LENTIL TACOS

Yield: 6 Servings | Serving Size: 2 tacos

Cost/Serving: \$1.48

Ingredients:

Nonstick cooking spray
1 Tablespoon vegetable oil
1 onion, diced
1 cup dried lentils
1/4 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 the lettuce.
- 2) Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
- 3) 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.
- 4) Heat the oil in the skillet over medium high heat.
- 5) Add the onion and cook for 4 to 6 minutes until it becomes soft. Stir while cooking.
- 6) Add the lentils, garlic powder, and taco seasoning and stir to mix.
- 7) Add the water and tomato sauce and mix.
- 8) Bring to a boil, then reduce heat to medium low and cover. Cook for about 20 minutes or until the lentils are tender.
- 9) Uncover and cook for 5 more minutes until the

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 860mg	37%
Total Carbohydrate 54g	20%
Dietary Fiber 9g	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.



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mixture thickens. (Optional: Mash the lentils somewhat with the back of a fork.)

- 10) Add 1/4 cup of the lentil mixture, salsa, cheese, and lettuce to each tortilla.
- 11) 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.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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