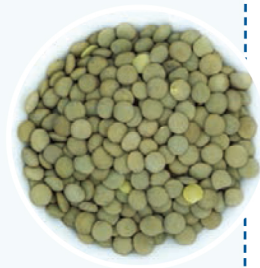


LENTIL TACOS

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| 1 cup brown or green lentils ,
sorted and rinsed | ½ tsp salt |
| 3 cups water | 12 hard taco shells |
| 2 tsp olive oil | 2 cups romaine lettuce
or kale , shredded |
| 1 tbsp chili powder | 2 medium tomatoes , diced |
| 2 tsp cumin | 1 yellow pepper , cut into
thin strips |
| 1 tsp dried oregano | |



Optional ingredients for serving: guacamole, salsa, sour cream, cilantro, green onion.

1. Bring lentils and water to boil in a large pot.
2. Reduce heat and simmer 25-30 minutes or until lentils are tender.
3. Remove from heat and mash lentils slightly.
4. Add oil, chili powder, cumin, oregano and salt.
5. Stir to combine. **To assemble:** Line bottoms of taco shells with lentil mixture. Top with lettuce, tomato, yellow pepper and optional ingredients of choice.

Makes 4 servings. Per serving (3 tacos each):

348 calories | 15g protein | 9g total fat | 2g saturated fat | 5g mono fat | 2g poly fat
0mg cholesterol | 53g carbohydrate | 0g sugar | 14g fiber | 326mg sodium