



Lentil Tacos

Recipe from WSU Snap-Ed



Ingredients



- 1 cup lentils, rinsed
- 1 1/4 cups water
- 1 tsp. garlic powder
- 1 tsp. cumin
- 2 tbsp. chili powder
- 1 cup tomato sauce
- 6 (5-inch) tortillas, hard or soft

Yield: 6 servings
Serving Size: 1 taco



Directions



1. Combine lentils, water, and spices in a medium saucepan. Stir to mix.
2. Cover and bring to a boil. Reduce heat and simmer 30 minutes or until liquid is absorbed and lentils are tender. Add more water if needed.
3. Stir in tomato sauce and cook for one minute to heat through.
4. Spread on tortilla and roll up to form a taco. Serve hot or at room temperature.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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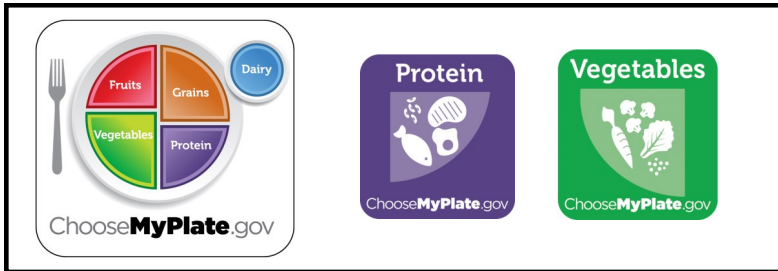
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Fast Facts



Featured Food Groups



Cooking Tips



- Add onion, bell pepper, cabbage, tomatoes, shredded cheese, olives, or other vegetables for a heartier meal.
- Substitute baked tortilla chips or rice for corn tortillas.
- Use canned, drained, and rinsed black, kidney, or pinto beans instead of lentils to cut down cooking time.

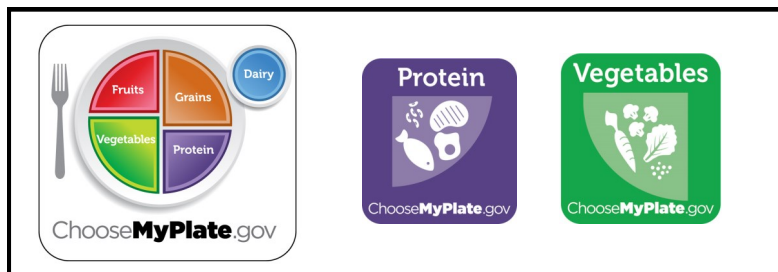
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Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 taco
Amount Per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 3.78mg	20%
Potassium 517mg	10%

*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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