

Lentil Tacos

Recipe from WSU Snap-Ed



- 1 cup lentils, rinsed
- 2 1/2 cups water
- 1 tsp. garlic powder
- 1 tsp. cumin

- 2 Tbsp. chili powder
- 1 cup tomato sauce
- 6 (5-inch) tortillas, hard or soft



Directions **



Yield: 6 servings Serving Size: 1 taco

Total Cost:: \$2.41 Serving cost: \$0.40

- Combine lentils, water, and spices in a medium saucepan. Stir to mix.
- 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.
- Stir in tomato sauce and cook for one minute to heat through.
- 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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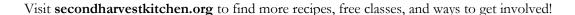
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Fast Facts





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.

Nutrition Fa	cts
6 servings per container Serving size	1 taco
Amount Per Serving Calories	170
%	Daily Value*
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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Nutrition Facts 6 servings per container Serving size 1 taco Amount Per Serving 170 **Calories** Total Fat 2g Saturated Fat 0g 0% Polyunsaturated Fat 1g Cholesterol 0mg 0% Sodium 290mg 13% Total Carbohydrate 31g Dietary Fiber 9g 32% Total Sugars 4g Includes 3g Added Sugars 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.