



Lentil Tacos with Mexican Salad

Prep time: **10** MINUTES

Cook time: **25** MINUTES

Servings: **4** 



Nutrition Facts

4 servings per container
Serving size **1/4 recipe (594g)**

Amount per serving
Calories 690

% Daily Value*

Total Fat 33g	42%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 730mg	32%
Total Carbohydrate 77g	28%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 413mg	30%
Iron 8mg	45%
Potassium 980mg	20%

*The % Daily Value 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.

Scan code for a video of how to make this recipe!



Ingredients:

- 1 medium red onion
- 3 cloves garlic
- 4 tablespoons olive oil
- 1 can (15 oz) lentils
- 1 tablespoon chili powder
- 2 ½ teaspoons cumin
- 2 teaspoons ground oregano
- 8 (6-inch) whole-wheat tortillas
- 1 ½ cups shredded lettuce
- ½ cup shredded cheddar cheese
- ¼ cup low-fat greek yogurt
- 2 ½ cups cherry tomatoes
- ⅔ cup mild salsa
- ½ teaspoon ground black pepper
- 1 cup cilantro
- 1 tablespoon lime juice
- ⅛ teaspoon salt
- 1 bag (5-ounce) mixed greens
- 1 medium avocado
- 10 ounces spicy tofu crumbles

Recipe adapted from *Slice and Spice*



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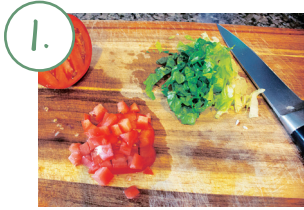


slice & spice
dinner time is family time





Instructions:



1. Prep

Rinse fresh produce. Cut the red onion in half. Thinly slice half and finely chop the other half. Shred the lettuce by slicing thinly. Cut half the tomatoes in half and the other half into dice. Cut the avocado into medium dice. Mince the garlic cloves and set aside one clove. Chop the cilantro finely.



2. Make taco filling

Heat 1 tablespoon olive oil over medium-high heat in a large skillet. Sauté diced red onion and 2 cloves garlic in olive oil until tender and fragrant. Add lentils, tofu crumbles, chili powder, oregano, and 2 teaspoons cumin and cook for an additional minute.



3. Make salad dressing

Mix 3 tablespoons olive oil, ½ teaspoon cumin, lime juice, salt, ground black pepper, and 1 garlic clove in a small bowl.



4. Make Mexican salad

Combine ⅓ cup cilantro, mixed greens, avocado, sliced onion, diced cherry tomatoes, and the dressing in a large bowl and mix.



5. Assemble tacos

Take a taco shell, add the taco filling, shredded lettuce, and some of the remaining cherry tomatoes. Top with cheddar cheese, greek yogurt, and salsa.

6. Final touches

Serve tacos with a side of the Mexican salad. Garnish with remaining cilantro.

Did you know ?

- » Tofu and lentils are inexpensive plant-based proteins and a perfect addition to this meal!
- » Cumin is a spice made from the dried seed of a plant in the parsley family.

Try these tips!

- » Rinse and drain lentils to reduce the sodium content.
- » Ripe avocados are darker in color and give in when gently pressed.