

10-Minute Walnut "Meat" Tacos

Ingredients:

- 2 cup raw walnuts
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoon smoked paprika
- 2 teaspoon chili powder
- 2 teaspoon ground cumin
- 1/8 teaspoon sea salt
- 1/4 cup water as needed



For Garnish/Serving (optional):

- Cilantro
- Thinly sliced red cabbage
- Limes, cut into wedges



Serves: 9

Preparation:

1. To prepare the walnut meat, place all ingredients into a food processor and pulse to coarsely chop or finely ground (depending on preference).
2. Spoon about 2 tablespoons of the filling on each tortilla/lettuce wrap/cabbage wrap. Add garnish.
3. Serve with lime wedges for last-minute squeezing.

Note:

- Leftovers can be stored up to 5-7 days in the refrigerator or up to 1 month in the freezer.

Nutrition Facts

9 servings per container

Serving size 1 Taco

Amount per serving

Calories 180

% Daily Value*

Total Fat 17g 22%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 1mg 6%

Potassium 133mg 2%

*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.