

Lentil Tacos

Ingredients:

1 tbsp. extra virgin olive oil
 1 ½ yellow onion, diced
 3 garlic cloves, minced
 3 ¾ cup brown lentils
 4 ¼ tbsp. tomato paste
 3 tbsp. hot sauce
 ¾ tsp. dried oregano
 1 ½ ancho chile peppers
 1 ½ tsp. cumin
 ¾ tsp. coriander
 ¾ tsp. salt
 6 corn tortillas
 ¾ cup cilantro, chopped
 3 limes
 ¾ cup avocado, cubed



Nutrition Facts

Serving Size 1 taco (252g)			
Servings Per Container 6 servings			
Amount Per Serving			
Calories	310	Calories from Fat	60
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	51g		17%
Dietary Fiber	15g		60%
Sugars	5g		
Protein	14g		
Vitamin A	25%	Vitamin C	30%
Calcium	6%	Iron	30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Directions:

1. First combine all of the ingredients for the spice mix and set aside (oregano, 2 tsp. ground ancho chile, cumin, coriander, salt).
2. Also, keep a cup of water within reach, you'll need to add splashes as you cook.
3. Preheat a large skillet over medium-high heat. Sauté the onion and garlic in the oil with a pinch of salt for about 3 minutes, until lightly browned.
4. Add spices and toss them for 30 seconds or so to toast.
5. Lower heat to medium, add lentils, a few splashes of water, tomato paste and hot sauce; use a spatula to mash them a bit as they cook, until they hold together.
6. Do this for about 5 minutes, adding splashes of water as necessary if it appears dry.
7. Taste, you may want to add more spices or hot sauce.
8. Divide filling among tortillas and top with cilantro, lime juice and avocado slices.