



**Red Lentil Tacos**



# Red Lentil Tacos

## Serves 4

Recipe adapted from Prevention RD

### Ingredients

- 1 ½ teaspoons olive oil
- 1 medium or large onion, diced
- 2 cloves garlic, minced
- 1 cup dried red lentils, rinsed
- 2 teaspoons chili powder
- 1 teaspoon paprika (smoked or regular)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 2 ½ cups low sodium vegetable broth
- 8 (6-inch) corn tortillas
- Salt and pepper to taste
- Optional toppings: shredded lettuce, diced tomato and onion, shredded cheese, chopped cilantro, plain Greek yogurt and/or salsa

### Notes:

- Nutrition Analysis is for two tacos on 6-inch corn tortillas, with chopped lettuce, tomato and onion and 1 tablespoon of shredded cheese, plain Greek yogurt and salsa.

### **Nutrition information (per two tacos)**

*299 calories, 8g fat, 2g sat fat, 41g carbohydrates, 16g protein, 12g fiber, 13mg cholesterol, 388mg sodium*

### Directions

1. In a nonstick sauce pan, heat the olive until hot. Add onion and garlic and sauté until tender.
2. Add lentils, chili powder, cumin, paprika and oregano. Cook and stir for one minute. Add broth and bring to a boil.
3. Once boiling, reduce heat, cover and simmer for 25-30 minutes or until the lentils are tender. While the lentils are cooking, prep your toppings.
4. Uncover the lentils and cook for an additional 6-8 minutes or until mixture has thickened. Test for tenderness, drain excess liquid and lightly mash lentils. Taste and season with salt and pepper as needed.
5. To make the tacos, place 3-4 tablespoons lentil mixture onto tortillas. Top with the toppings of your choice.