

LENTIL TACOS

Serves 7

INGREDIENTS

- 1 cup dried lentils
- 2 teaspoons oil
- 1 cup finely minced onion
- 1/4 cup vegetable broth*
- 1 packet taco seasoning*
- 1/2 cup salsa*



*look for “no salt added” or “low sodium” products

DIRECTIONS

1. In a saucepan, cover lentils with water and bring to a boil. Cover and reduce heat to low. Simmer for 25 minutes or until lentils are tender. (you can also cook lentils in a rice cooker)
2. Remove lentils from pot, drain and rinse. Set aside.
3. In a large skillet, heat oil over medium heat. Add onion and sauté for 5 minutes or until onions are translucent.
4. Mix together lentils, onion, vegetable broth, taco seasoning, and salsa.
5. Add lentil mixture to a whole wheat tortilla and top with your favorite vegetables and/or low fat cheese.

NUTRITION INFORMATION PER SERVING (1/2 cup lentil mixture)

Calories: 128, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0 mg, Sodium: 573 mg, Carbohydrate 22g, Fiber: 8g, Sugar: 4g, Protein: 8g

SOURCE Alexandra Caspero, MA RD
