



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

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Recipe of the Month - May 2016

Lentil Tacos

Serves 6

Serving Size: 2 tacos

Ingredients:

- 1 Tablespoon oil (canola or vegetable)
- 1 onion, diced
- 2 cloves garlic, diced
- 1 cup dried lentils
- 1/2 package (1.25 ounces) of 40% less sodium taco seasoning or
 - 1 Tablespoon chili powder, 2 teaspoons ground cumin, and
 - 1 teaspoon dried oregano
- 3 cups water
- 12 corn tortillas
- 1 cup salsa
- 1 cup shredded cheddar cheese
- 2 cups shredded lettuce



Make MyPlate Your Plate

Directions:

1. Heat the oil in the skillet over medium-high heat. Add the onion and garlic and cook for 4-6 minutes, or until they become soft and fragrant. Stir several times during cooking.
2. Add the lentils and seasonings. Stir so that the seasonings are mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes, or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture had thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread 1/4 cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

NUTRITION FACTS PER SERVING: 350 calories, 11 g total fat (4g sat. fat), 20 mg cholesterol, 480 mg sodium, 51 g carbohydrates, 8 g fiber, 4 g sugar, 16 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*