Lentil Tacos

Lentils for tacos? YES! With the seasonings added, this recipe will give you delicious tacos with zero saturated fats, and an abundance of heart-healthy fiber. Give them a try!

Lentils are considered a legume, in the same plant family as pinto and garbanzo beans. They are high in protein, as well as iron, folate, potassium, calcium, complex carbohydrates and dietary fiber. Another benefit of lentils and beans: They contain no gluten, cholesterol, salt, or saturated fat and they are low in calories. With their high protein content, lentils and beans are a substitute for meat. For diabetics, one cup of lentils or other beans can be counted as one lean meat and one starch exchange. Valerie Sotardi and Nancy Rogers, UA Life & Work Connections

Ingredients:
2 cloves garlic, minced
1 large onion, minced
1 tsp. olive oil
1 cup dried lentils
1 Tbsp. chili powder
2 tsp. ground cumin
1 tsp. dried oregano
2 cups low sodium vegetable broth
1 cup mild or medium prepared salsa
12 corn tortillas
4 leaves of romaine lettuce, chopped
4 green onions, washed and chopped
2 tomatoes, diced
Chopped cilantro, if desired
Nonfat or low fat yogurt, if desired

In a large frying pan over medium heat, sauté the onions and garlic in the oil for 5 minutes or until transparent. Stir in the lentils, chili powder, cumin and oregano. Cook for 1 minute. Add the stock and bring to a boil. Cover and simmer for 20 minutes, or until the lentils are soft and tender. Add more water or stock if needed. Remove the lid and cook, stirring often, until the lentils are thickened, about 10 minutes. Stir in the salsa.

While the lentils are cooking, prepare the toppings for the tacos. When the lentils are done, warm the corn tortillas in the microwave until soft. Wrap in a towel to keep warm.

At the table, place the lentils, and desired toppings on your dinner plate. While holding the corn tortilla, spoon on the lentil mixture and add toppings. Then enjoy!

Nutrient Analysis per taco (makes 12)
125 calories
4 g. dietary fiber
6 g. protein
2 g. fat
24 g. carbohydrate
58 mg. calcium
0.7 g. sugar
Sodium content: Will be determined by the salsa used.

Read the Nutrition Facts Label.