

LENTIL WALNUT TACOS

4 Servings (2 tacos each)

INGREDIENTS

1 ½ cups water
½ cup dried red split lentils
1 small onion, divided, ½ sliced ½ chopped
2 limes, juiced, divided
½ cup raw walnuts, chopped
1 Tbsp olive oil
1 clove Garlic, minced
1 ½ Tbsp taco seasoning
8 6” corn tortillas

DIRECTIONS

Step 1

In a small saucepan, bring water and lentils to a boil. Reduce to a simmer, cover and cook for 5 minutes or until tender. Drain, set aside.

Step 2

In a small bowl add sliced onion and cover with ½ of lime juice. Set aside.

Step 3

Heat a medium skillet on low. Add walnuts and toast for 3 minutes, stirring often. Transfer to a bowl to cool.

Step 4

In the same skillet on medium high, heat oil. Add chopped onion and sauté for 2 minutes. Add garlic

SHOPPING LIST

Dried Red Lentils

Onion

Limes

Raw Walnuts

Garlic

Taco seasoning

Corn tortillas

and cook for a minute. Add lentils, walnuts and taco seasonings. Stir everything together, sauté for 3 minutes. Stir in remaining lime juice.

Step 5

Warm tortillas in a pan. Divide taco mixture among the tortillas. Top with pickled onion slices.

NUTRITION

Calories: 407

Fat: 21g

Saturated Fat: 3g

Protein: 12g

Carbohydrates: 48g

Fiber: 11g

Sodium: 260mg