

## Lentil Veggie Tacos

5 servings

Planning meals save you money and time.

- ¾ cup dry lentils
- 1 ¾ cup water
- ⅓ cup onion, scrubbed with clean vegetable brush under running water, finely chopped
- 1 ½ teaspoon cumin OR chili powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder OR gently rub 1 clove under cold running water and mince
- 10 hard corn taco shells
- 2 cups finely chopped fresh vegetables (choice of broccoli, zucchini, tomatoes, summer squash, bell pepper, cauliflower, and/or carrots) scrubbing vegetables with clean vegetable brush under running water before chopping)
- 1 ¼ cups shredded Cheddar cheese



1. Wash hands with soap and water.
2. Place lentils in a colander and rinse with cold running water. Drain.
3. In medium saucepan, combine drained lentils, water, onion, cumin or chili powder, salt and garlic. Cook over high heat until boiling. Reduce heat. Boil gently, covered, for 12 to 15 minutes or until lentils are very soft.
4. Remove lid from lentil mixture. Boil gently, uncovered, for an additional 2-3 minutes or until most of the liquid is gone, stirring frequently and mashing lentils with the back of a spoon.
5. Remove pan from heat.
6. Preheat oven to 400°F.
7. Spread lentil mixture inside of taco shells. Arrange desired vegetables and cheese on top of lentil mixture. Stand filled tacos in a 9 x 13-inch baking dish. Loosely cover with foil.
8. Bake 3 to 5 minutes or until cheese melts. Serve warm.
9. Store leftovers in a sealed container in the refrigerator for up to 4 days.

**Nutrition Information per Serving (2 tacos):** Calories 370, Total Fat 16g, Saturated Fat 8g, Cholesterol 60mg, Sodium 540mg, Total Carbohydrates 41g, Fiber 6g, Total Sugars 4g, Includes 0g Added Sugars, Protein 17g, Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 8%.

Recipe Source: Purdue Extension Nutrition Education Program – <https://www.eatgathergo.org>