

**Nutrition Facts** (Serving size 1 taco): Calories–190; Protein–10g; Carbohydrate–30g; Total Fat–3.5g; Saturated Fat–1g; Cholesterol–0mg; Fiber–6g; Sodium–290mg; Vitamin C–4%; Vitamin A–10%; Iron–15%; Calcium–4%

*Adapted and reprinted with permission from Iowa State University Spend Smart–Eat Smart <http://recipes.extension.iastate.edu/2011/11/04/lentil-tacos/>*

**Food Sense Tip**

- Add onion, green pepper, cabbage, tomatoes, shredded cheese, or olives to your tacos for a heartier meal.

1. Combine lentils, water, and spices in a medium saucepan. Stir to mix.
2. Cover and bring to a boil. Reduce heat and simmer 30 minutes or until liquid is absorbed and lentils are tender. Add more water if needed.
3. Stir in tomato sauce and cook for one minute to heat through.
4. Spread on tortilla and roll up to form a taco. Serve hot or at room temperature.



**Directions**

Prep time: 5 minutes | Cook time: 30 minutes | Number of servings: 6

- 1 cup lentils, rinsed
- 1 ¼ cups water
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons chili powder
- 1 cup tomato sauce
- 6 (5-inch) corn tortillas, hard or soft

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## Lentil Taco Ingredient Substitutions

**For this ingredient:**

**Substitute:**

Corn tortillas

Substitute baked tortilla

chips or rice.

Lentils

Use canned, drained and

rinsed black, kidney, or

pinto beans.

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